11 page weekly PROPERTY supplement inside

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Maddie reconstruction cancelled

A possible police reconstruction of the night toddler Madeleine McCann went missing from the Ocean Club resort in Praia da Luz on May 3rd last year has been ruled out, after four of the McCann's friends, who were holidaying with the family at the time, refused to participate. (See P. 2)

Famous Psychic accused

Professor Bambo, a Senegalese astrologist and psychic, was this week arrested in Oporto following allegations of extortion and rape. (See P. 6)

Nine children missing in Portugal since 2000

This week the European Commission presented its first Annual Report on Missing Children, composed by the EU's federation for missing children, which revealed that since the year 2000, only nine children, reported as missing from Portugal, have not been found. (See P. 9)

Top UK football teams heading for the Algarve

This July, football fans in the Algarve will be spoilt with a number of major British clubs, including Glasgow Celtic and Blackburn Rovers, are heading to the region to measure their talents against Portuguese opposition. (See P. 72)

Seven day weather outlook

Lisbon: After a dull and rainy weekend, spring will return to the capital at the start of next week with blue skies and temperatures in the region of 24º. **Faro:** After a wet, yet mild weekend, the sun will come out late Monday. The outlook is good for the remainder of next week with temperatures around 22º to 24º. **Oporto:** Oporto will continue to resemble northern Europe climates for much of next week, with the sun finally set to emerge on Thursday with temperatures rising into their early 20s.

As Government sets out ambitious plans to improve road safety statistics, police speed guns grind to a halt

ROAD SAFETY PLAN UNDER THREAT

Just hours after the Government had unveiled ambitious plans to slash the number of road deaths on Portuguese roads to around five hundred by 2015 by focusing on increased policing and the education of young drivers, it emerged that numerous speed guns used by traffic police are now inoperative due to an apparent lack of maintenance. Meanwhile, 300,000 fines are in limbo as the Government and the Accounts Tribunal are locked in an on-going legal wrangle over the transfer of fines to a newly-created road safety and traffic authority from the now defunct institution.

The number of fatalities on Portuguese roads by 2015 should drop to an estimated 579, the equivalent of a reduction of 31.9 percent in relation to 2006, according to a plan published this week by the National Road Safety Authority (ANSR).

In 2006 and 2007, approximately 850 people lost their lives in traffic accidents. A decade earlier, road deaths were just short of three thousand.

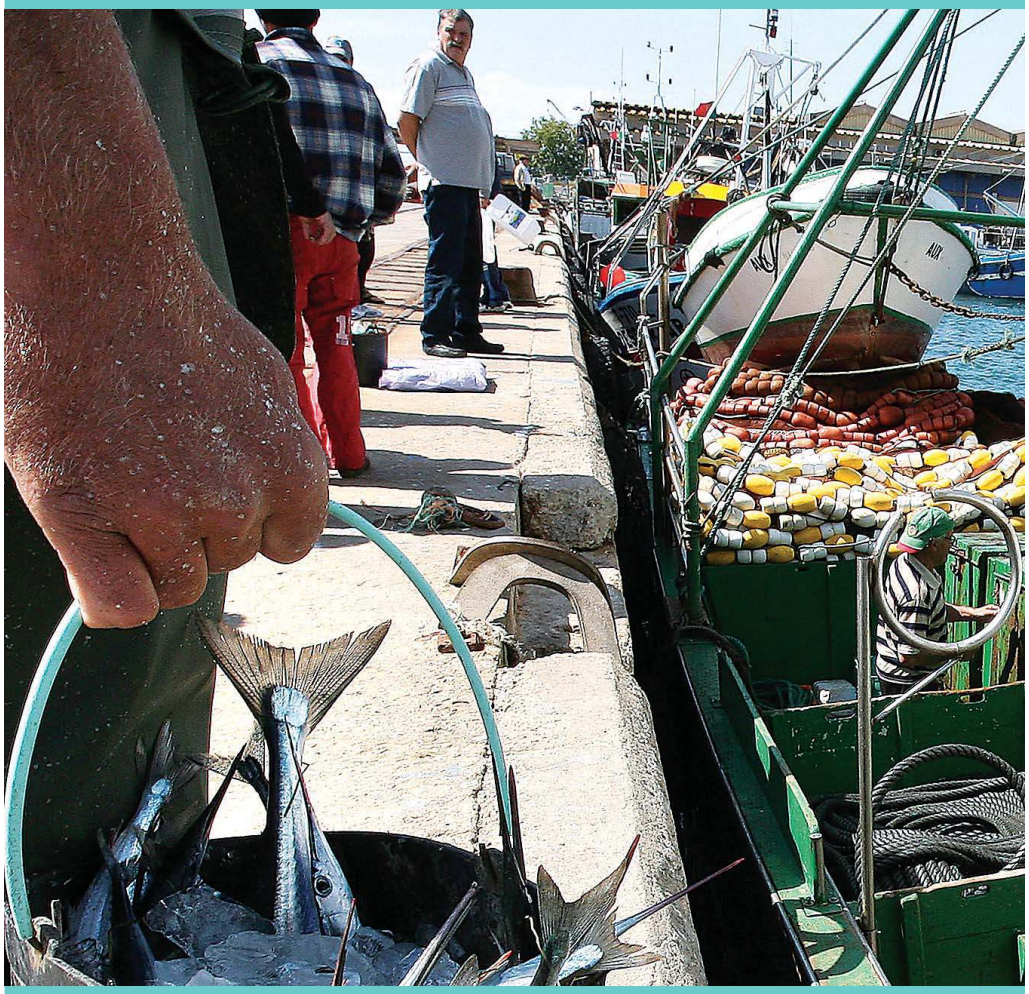
With this reduction in fatalities, which the ANSR says will be achieved via the implementation of a mixture of revolutionary measures, around 1,350 lives will be saved between this year and 2015, taking Portugal well into the top ten safest European countries in which to travel.

The ANSR also indicated recently that cutting fatalities also carries a financial incentive, with its chairman Paulo Marques saying that each death costs the taxpayer one million euros, according to latest accounts supplied by the Government to Brussels.

In order to reduce the number of deaths, the ANSR's National

Road, see p. 18

Fishermen stay ashore in fuel protest



Fishermen at the fish market in Olhão were planning not to offload fish on Friday 30th May owing to a proposed national fishing strike called for the same day in protest against rising fuel prices. (Photo: Lusa / Luis Forra). See story on page 7.

Madeleine reconstruction ruled out as friends refuse to participate

The three members of the 'Tapas Nine' who returned to Portugal for further questioning last August. (Photo: The Portugal News)

A possible police reconstruction of the night toddler Madeleine McCann went missing from the Ocean Club resort in Praia da Luz on May 3rd last year has been ruled out, after four of the McCann's friends, who were holidaying with the family at the time, refused to participate.

Initially scheduled for Thursday and Friday this week, the reconstruction, as proposed by police, was annulled due to the non-attendance of the four members of the so-called 'Tapas Nine'.

According to the Attorney General's office (PGR), the proposal was classified "null and void" following the friends' reluctance to comply, despite Kate and Gerry McCann's apparent willingness to return to Praia da Luz.

Reportedly, the friends questioned the process's validity and methodology.

"As Kate and Gerry are still formal suspects (*arguidos*), should a reconstruction take place, they would be required to participate. But the remaining individuals were invited to do so on a voluntary basis and have every right to question its aim and if the exercise will help find Madeleine, and at this time they don't seem to think it will", said a PGR spokesperson.

Robert Murat, the first *arguido* in the case, was not notified to participate in the reconstruction, which aimed to retrace the McCanns' steps during the lead-up to their daughter's time of disappearance.

Family debt outweighing income

Portuguese families' ever-mounting debts may affect their capability to respond in a crisis at a time when interest rates are on a constant up. Personal debt has reached 129 per cent of available yearly income, meaning that the total of families' debts is 29 per cent higher than their yearly tax-free income.

In 2006, this figure was 123 per cent, which means over the last year Portugal increased its debt by 11.2 billion euros. This translates to almost one billion euros a month, or around 1.4 million euros an hour.

By the end of last year, personal loans represented a total of 147.9 million euros being owed to banks, 91 per cent of the gross domestic product (GDP).

These figures were revealed this week in the Bank of Portugal's yearly Financial Stability Report. The supervisory body considered that, even though families' debts are not putting the system as a whole at risk, there are "certain situations of vulnerability, particularly amongst youths and those with a low income".

According to the supervisory authority's 2007 Financial Stability Report, the main threat to financial stability at present in Portugal is the uncertainty as to the extension, duration and implications of the current turbulence in all financial markets.

Current high levels of family debt in Portugal could also "create restrictions on the evolution of consumption in the private and residential investment sectors", concluded the Bank of Portugal, whose report also stated there is less demand within the Portuguese real estate market, though "the cost of property in Portugal is not overpriced".

In 2007 the same report also detected that the Portuguese were putting away less savings, the amount of free private income having fallen from 8.4 per cent in 2006 to 7.9 per cent 12 months later. This is the lowest savings have been since 2001.

Allegations of police violence persist in 2007

An annual report from Amnesty International has revealed that in Portugal "allegations of mistreatment from police and subsequent impunity of those involved have persisted throughout the whole of 2007", as did acts of violence against woman.

Refuting claims of police violence, Minister for Internal Affairs Rui Pereira has guaranteed that any case of abuse of authority by Portuguese safety forces is "an exception and not a rule", and assured that any case detected would be punished.

"Within the Portuguese forces there is an ever-growing respect for fundamental citizen rights, therefore, cases of abuse of power are increasingly rare, in fact, in the words of the [Portuguese branch] of Amnesty [International], they are 'absolutely exceptional and the general rule is that force members completely respect rights".

Also according to the report, which refers to governmental figures from 2006, in Portugal 39 women were killed by their husbands or partners.

THE PORTUGAL News

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King of Norway visits Portugal

King of Norway Harald V (C),visits a shopping mall in Lisbon on Wednesday. The King was on a three-day visit to Portugal. (Photo: EPA/Inácio Rosa)

The King of Norway this week concluded an official visit to Portugal, where he visited a number of sites in the Portuguese capital, including a local supermarket.

To the amazement of many customers, Harald V visited Continente hypermarket in Colombo Shopping Centre this week to demonstrate the cooperation between the two countries.

The main focus was on the importation of cod, Norway's most exported product that comes to Portugal. Norwegian cod is considered by Portuguese to be "a quality product", and its share represents over 50% of the Portuguese market.

"It is unheard of a European king in a Portuguese hypermarket" and "Tradition isn't what it used to be" were the most spoken words by Continente clients during the King's visit.

Accompanied by Minister Jaime Silva, the Portuguese Norway Ambassador, President of Sonae Distribution and by a member of the Norwegian Fishing Council, Harald V viewed the cod, salmon and other fish counters.

According to data from Sonae Distribution, the company sells around 7,000 tonnes a year of cod and 1,500 of salmon, amounting to €70 million a year.

Continente was the chosen hypermarket because it is the company that sells the greatest amount of cod in Portugal.

Sunday afternoon supermarkets could raise an extra €2.5 billion

According to a study commissioned by the Portuguese Association for Distribution Companies (APED), should a new law proposal allowing hypermarkets to open on Sunday afternoons be passed, the extra trading hours (over a 10-year period) would generate something in the region of €2.5 billion euros extra revenue for Portugal.

By 2017 it would also create more than eight thousand extra jobs. Commissioned by APED and carried out by the Roland Berger company, the study confirms that "by limiting the trading hours of stores that are over 2000 square metres in size [which defines a hypermarket] the development of the economy and employment is being restricted, consumerism is being conditioned", and that denying the longer opening hours "will not successfully protect traditional commerce as hypermarkets are not a key factor in the decline of this type of retailing".

At present, Portuguese law only allows hypermarkets to open on Sunday afternoons two months per year.

Life insurance top complaints

Complaints related to life insurance have exceeded car insurance complaints, in the first four months of this year, for the first time ever.

Consumers' main complaints are the non-payment of compensation when the insured person dies of a pre-diagnosed disease. The companies' argue that the life threatening diseases were diagnosed before the contract was signed, therefore the families are not entitled to compensation.

Responsibility clauses of insurers and pre-diagnosed diseases are the main complaints in the life insurance sector with 204 complaints being put forward by the end of April.

Deco, consumer rights watchdog, has received 559 complaints relating to insurance activities so far this year, expecting the number to easily surpass 2007's.

Car insurance is placed second in the 'most complained' department (146). Most consumers complain about the rise in their premium and difficulties sorting out accidents.

This latter complaint is also the most common in habitation insurance complaints (114). One of the most extreme examples is of the building in Setúbal that was left partially demolished after an explosion on 22nd November, 2007. Six months have passed and the tenants still haven't resolved the situation with the insurer.

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Secret CIA flights "still use" Portugal's skies

Secret CIA flights to and from the Guantanamo military base, Cuba, continue to use Portuguese airspace; accusations made by the Portuguese Communist Party (PCP), backed by socialist euro-deputy Ana Gomes.

PCP argues that the Portuguese state is fully aware of the flights, classified by many official sources as 'suspicious', though does nothing to stop or control them despite the publishing of various reports from national and international organisms which confirm and demand their existence.

Reports from the Ministry of Transport, asked for by the Communists, revealed that of 56 CIA flights between July 18th, 2005, and December 28th, 2007, four landed at the Azorean airbases of Lajes and Santa Maria.

Ana Gomes and British non-governmental organisation 'Reprive' have accused the government of "convening" these flights, by not carrying out requisite checks and turning a blind eye to their existence.

In turn, it has been argued that military flights are exempt from any foreign official intervention.

Described as an international programme of "kidnap" the flights are believed to transport suspected terrorists to locations where they are subject to acts of torture, therefore committing "a violation of international rights and Portuguese law".

The Government has refuted these accusation, calling them "false and insulting", denying any sort of agreement with Northern American alliances.

A new investigation into the flights is currently being undertaken, though Reprive believes it is "much too early to foresee any results". According to the Portuguese Attorney General's office (PGR), "new and time-consuming diligences" have been found, and will therefore take time to complete.

The source also said that "should any eventual illicit crimes or his conduct be established, it is not up to the PGR to pass comment".

The as-yet unconfirmed passing of CIA flights carrying prisoners to Guantanamo through Portuguese airspace was also being investigated by the European Parliament, alongside human rights organization Reprieve, to verify whether or not the illegally-transported 700-plus suspects were aided by the Portuguese government.

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Famous psychic accused of extortion and rape

Professor Bambo, a Senegalese astrologist and psychic, whose adverts can be seen in many national newspapers and posters around Portugal, was this week arrested in Oporto by the PSP's special Criminal Investigation Police (DIC), and was interrogated for an hour following allegations of extortion and rape.

Self-styled astrologer and spiritual advisor Professor Bampo being taken to the Criminal Investigation Department in Oporto on Tuesday. (Photo: Lusa / Estela Silva)

A self-proclaimed 'spiritual advisor' the Professor was said by inside police sources to have collaborated "in full" with the interrogation, though reportedly, upon leaving the station, reacted "aggressively" towards journalists' questions.

In January last year, several posters were put up around Lisbon accusing the African medium of having raped women during consultations, as well as accusing him of being a "con artist".

Professor Bambo's lawyer maintains that all allegations are false and are the result of "defamation" from competition.

Born in 1965 in the city of Kadendou, the psychic claims to have offices around Portugal, in Madeira and the Azores. Specializing in personal matters relating to love, work, family, inheritances and curses, he also claims to have advised high-profile clients including politicians, artists and businessmen, spanning a career of 28 years, ten of which were spent in Portugal.

Professor Bambo presents a number of TV shows and participates on 40 Portuguese radio shows, covering topics relating to witchcraft, evil curses, envy and African mysticism.

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Lisbon denies harbouring international fugitive

Congolese opposition leader Jean-Pierre Bemba, arrested in Belgium at the request of the International Criminal Court, would have been detained in Portugal if the ICC had asked Lisbon to act, Foreign Minister Luís Amado said this week.

Minister Luís Amado, in comments to journalists in Brussels, said the ICC had twice requested information on Bemba from Lisbon in recent weeks, but there had been no request for his arrest on charges of war crimes and crimes against humanity in the Democratic Republic of Congo.

"If we had been asked [to arrest Bemba], we surely would have acted as the Belgium government did" on Saturday, Amado said.

He noted that Bemba had lived in exile in Portugal, where he owns a house in the Algarve (Quinta do Lago), since April, 2007, but that he had not been given political asylum.

"I simply want to recall that Mr. Bemba has been in Portugal at the request, one year ago, of the UN representative in Kinshasa to help resolve the crisis situation" ongoing at that time in the central African former Belgian colony.

Last Friday, a Bemba aide told Lusa that the exiled leader was expected to set a date this week for his return to the DR Congo to formally assume the post of opposition spokesman.

Minister Amado was in Brussels to participate in a meeting of EU foreign ministers. *TPN/Lusa*

Portugal voices concern over South Africa violence

The government of Portugal, former colonial ruler of Mozambique, whose nationals have been deeply affected by the waves of xenophobic violence in South Africa, has expressed concern over the security crisis in that country, which hosts a large Portuguese expatriate community. One Lisbon official questioned whether the violence was spontaneous or had been initiated by other forces.

In Lisbon, Portugal's No. 2 diplomat, State Secretary for Foreign Affairs João Gomes Cravinho, said the government was "deeply worried" by the violence and staying in "permanent contact" with authorities in Pretoria.

Gomes Cravinho questioned whether the violence had been "spontaneous", suggesting the need "to identify the forces behind" the mobs.

Earlier this week, Manala Manzini, head of the South African National Intelligence Agency, suggested, in comments to Reuters, that people linked to the apartheid-era security forces were stoking the violence.

In Portugal, the Lisbon government has been quick to come out in support of the South African government.

"South Africa recognizes the sensitivity of such [xenophobic] attitudes that do not correspond to the policies of the South African government or of the [ruling] ANC party", João Gomes Cravinho said.

In a statement sent to The Portugal News by the South African Embassy in Lisbon, it was stressed that the country's government "condemned the violent attacks on foreign nationals in the strongest possible terms."

In the statement, it was recalled that "South Africa's transition to democracy was one of the world's most iconic testimonies of tolerance and peaceful coexistence.

"The recent intensified spates of attacks on foreign nationals, expressed through acts of intense violence and inhumanity, are a threat to our historical achievements as a nation. We cannot forget the hospitality that was given to South Africans, who were in exile in neighbouring countries and the rest of the continent during the days of apartheid. The support of the frontline states in Southern Africa and the rest of the continent was critical to the achievement of the democracy we are enjoying today", the statement issued by the South African government concludes.

Appeal for fuel boycott

Continuous increases in the price of fuel has seen fresh action been taken with two new boycotts being organized via emails that have been circulating the Internet and inundating 'inboxes' for weeks. To protest against the soaring prices, car owners are being encouraged to not re-fuel their vehicles in any of the three monopolising providers, Galp, BP and Repsol, over a three-day period commencing Saturday and ending next Monday.

Aiming to cause significant loss to the three main players' revenue, the nation is being motivated to instead opt for alternative brands.

Ex-presidential candidate Manuela Magno is the authoress of the second boycott, though her movement is encouraging a complete refusal to re-fuel at any petrol station.

Not only being promoted via the Internet, Manuela Magno's stance is also being proliferated via mobile text messages.

She explained this mass action as being due to the fact that the majority of other stations are, in fact, supplied by Galp.

Following this en-mass pressure to control the situation, enforced by additional action including this week's fishermen's strike, Prime Minister José Sócrates has taken note, though has vouched "the government will not give into the temptation of ease", which in the past has led to the freezing of fuel prices.

"That is not the right way", he said during a meeting for Compromise to Innovation, which took place in Lisbon.

Sócrates continued, "This is not the moment to give in to demagogy or easiness. A responsible government can not do that, but it should help those who need it most, and that is what we did", referring to last week's family and social bonuses.

Last Wednesday Sócrates announced a 25 per cent rise in family allowances, for those classified in the first and second neediest social groups, as well as the freezing of social passes.

Following that context, he reiterated that the government is also taken "the right steps" with regards to the current fuel crisis.

"The effect of freezing fuel prices is very negative for public accounts as well as showing erroneous signs in other economical sectors" he concluded.

Fishermen stay ashore in fuel protest

Buyers at the fish market in Peniche are apprehensive about the consequences of fishermen going on strike. (Photo: Lusa / Mário Caldeira)

Around 90 per cent of the Algarve's fishing boats, an estimated 1,000 vessels, are today reportedly participating in a strike, swapping a day at sea to protest on Prime Minister José Sócrates' doorstep.

Rising prices in fuel, which so far has risen 20 times this year alone, and ever-dwindling catches are reportedly to blame for the impending action, which Spanish fishermen are also carrying out on the same day.

Heavy taxing, constant fines, and an overall industry crisis are also being singled out as the contributing factors.

According to those in the industry, the takings from fish caught only just cover petrol and salary expenditures many claiming earnings were "much higher" a decade ago than they are at present. In some cases, no earnings are made whatsoever.

Fishermen's wages are paid in percentages; therefore, if no fish are caught, no money is earned.

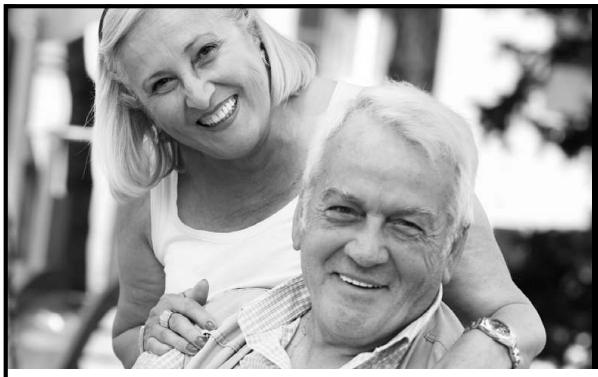
With the price of petrol soaring, vessel owners are often left in the red, paying hundreds of euros in fuel for an unproductive and non-lucrative night's work.

And the finger is being pointed at the Government, which is perceived by the fishing industry to be doing very little to stop the seemingly constant fuel price rises.

The majority of the region's fishing industry was united in agreeing to support the strike, which was also reflected in Spain.

Identical measures are to be carried out in France on June 6th.

Even though Minister for Agriculture and Fisheries, Jaime Silva, agreed to a meeting with the main representatives on Wednesday this week, the fishing industry considered this to be a 'charm meeting' to deter them from striking.



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Youths cycle from Cornwall to Lagos for children's hospice

At a time when young people are attracting endless negative publicity, it comes as a breath of fresh air to learn that on June 4th, two young university students will leave their homes in Launceston in Cornwall and cycle to the Algarve in a bid to raise awareness and funds for the Children's Hospice South West.

Matt Parnall and Michael Yeaomans intend to cycle 2,000 kilometres through France, across Spain and into southern Portugal, their final destination being Lagos. They have estimated it should take three weeks with the arrival date being set for Tuesday 24th June.

The cyclists will be accompanied by a support van driven by their masseuse Rob Hall and nutritionist Sam Horton.

All the sponsorship and gifts raised will be donated to The Children's Hospice South West. Their site can be accessed by visiting: www.chsw.org.uk

The charity is currently raising money to build a new hospice in Cornwall. All the children who use the Hospice have life limiting, or life threatening conditions, which means they are not expected to live into adulthood.

On Sunday 22nd June a midsummer beach party is being held at the Bahia beach Bar at Meia Praia Lagos.

The cold buffet meal will be followed by dancing to live music and begins at 4.00pm. The money generated by this event will be donated to the charity in the form of providing fuel and other expenses for the boys' support vehicle.

The sponsors will also be taking part in a knockout beach volleyball competition.

This midsummer beach party is intended to be the first of an annual event, where participants can have fun and help raise money to make a difference to people less fortunate than themselves.

Readers who would like to contribute to the Midsummer Party Precious Lives Appeal, are asked to contact Angela Broad by e-mail: madmanor@armail.pt or phone 919272623.

MOT to be done on day of the car registration, not month

In an attempt to avoid congestion of the MOT inspection centres, the IMTT (Portuguese Driving and Vehicle Licensing Agency) are going to implement a new law, obliging car owners to do their MOT on the day of the registration of the car.

The day of the registration can be found on the car's registration book, "The MOT's to vehicles,…, will now have as a time limit for its completion, not the month but the day of the month corresponding to the first registration" said an IMTT official to Lusa agency.

Usually at the end of the month inspection centres are overrun by car owners trying to get the MOT done at the last minute, not anymore.

The change of deadlines for MOT's was approved at a Council of Ministers on 23rd May and they also want the period to ask for inspection early to be three months before the deadline rather than two.

The main motives are to avoid long delays for car owners and to ensure quick inspections, allowing Inspection Centres to improve in quality.

Light passenger vehicles are subjected to their first inspection four years after registry, after that period every two years until they reach eight, and from then on every year.

Around 400,000 MOT's are carried out a month in Portugal.

Air quality forecasts for residents in major cities

The Portuguese Environmental Agency (APA) presented a new instrument, the Air Quality Index Forecaster, this week that will allow Portuguese to know the quality of the air beforehand in Aveiro, Braga, Coimbra, Faro, Lisbon, Porto and Setúbal districts.

Forecasting the quality of air for the following day will alert people and allow them to take preventative measures against the concentration of pollutants in the atmosphere, especially high risk groups.

"The forecast will be daily and are aimed at the general population and more sensitive groups (children, elderly and people with respiratory problems), and will be available at 18h00 every weekday and at 20h00 on weekends and national holidays" said Filomena Boavida, in charge at APA.

The Air Quality Index Forecast is divided into five categories: Very Good, Good, Average, Poor and Bad, and it relies on measurements taken from the 73 air measuring stations spread across Portugal.

Portuguese airline plans 37% stake in revamped national carrier

Portuguese charter airline Euroatlantic is negotiating with the São Tomé and Principe government to keep a 37% stake in the islands' privatised national carrier, STP Airways, company sources said.

Tomaz Metello told the Lusa News Agency this week Tuesday that Euroatlantic, part of Portugal's Pestana tourism group, has proposed to the São Tomé government that it retains a 37% stake in the airline, to the 35% held by the state in the archipelago.

Banco Equador and Angola's Gias will each hold 14% stakes in STP Airways, added Metello.

STP Airways, whose predecessor was owned by Portugal's TAP, was privatized in 2007 and operation of the carrier awarded to Euroatlantic in equal partnership with TAAG of Angola. But this venture collapsed after the two companies failed to agree on the airline's management structure.

TAAG is also currently banned from flying to Europe due to safety concerns.

Euroatlantic's CEO said his company would begin charter flights to São Tomé from June 9 until September 15, irrespective of the future of STP Airways.

TPN/Lusa

Nine children missing in Portugal since 2000

This week the European Commission presented its first Annual Report on Missing Children, composed by the EU's federation for missing children, which revealed that since the year 2000, nine children have been reported as missing from Portugal, three of whom disappearing in 2007.

Attorney-General Pinto Monteiro, accompanied by the State Secretary of Home Affairs, Rui Gomes Sá, and the Chairman of the Child Support Institute Manuela Eanes moments before a conference organized last week in Lisbon at Parliament to discuss missing children. (Photo: Lusa/Mário Cruz)

Portuguese data presented by 'Missing Child Europe' was supplied by the Institute for Child Support (IAC), one of 21 non-governmental organizations that comprise the European federation.

Vice-President Jacques Barrot took part today in the presentation of the first Annual Report on Missing Children Europe, a European federation bringing together 21 NGOs active in 15 Member States in the fight against the disappearance and sexual abuse of children.

Jacques Barrot, responsible for Justice, Freedom and Security, declared: "We want to send a message of hope and solidarity at international level to parents who have no news of their children. The Commission can only encourage this kind of initiative and expresses its desire to continue to work closely with organisations active in the field of protecting children's rights. Helping missing or abducted children must be a top priority."

The report showed 4,802 children went missing from the UK in 2007, and 2,928 in Belgium.

'Missing Child Europe' further estimates that 14 per cent of all commercialized pictures containing pedophilic imagery, feature children of ages 10 or under.

Europe's child protection convention was signed by 18 of the 27 state members, including Portugal, though rectified by none.

The federation is, however, urging the wider adoption of a European phone-line for missing children, with the international number 116000.

Portugal is currently one of six countries, along with Belgium, Denmark, Greece, Holland, and Hungry, to have introduced the number, which acts as an international emergency number in the event of a child being reported missing or kidnapped.

According to 'Missing Child Europe', 76.2 per cent of kidnapped children are murdered during a period of up to three hours after being snatched, underlining the need for faster, more effective international intervention and cooperation.

In other related news, for the fourth consecutive year, the European Commission showed its support on May 25th, designated International Missing Children's Day, organised by the European Federation for Missing and Sexually Exploited Children. The main purpose of this day is to encourage European citizens and the whole world not to forget all the children that are missing.

Another priority for the Commission is to put in place national missing children alert systems for cases of abduction, where the child is in real danger and to develop links between national systems in cross-border cases. Progress is also slow in this area. It is essential that real advances be made in the coming months.

To show solidarity with all parents and missing children, Mr Barrot asked all European Commission staff to express their support for families affected by a disappearance by wearing a "Forget-me-not" flower.

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Portugal presents remittance info website

Spain's Minister for Labour and Immigration, Celestino Corbacho and Lisbon's Interior Minister, Rui Pereira at a meeting of ten states from the Western Mediterranean in Evora on Tuesday. (Photo: Lusa / Nuno Veiga)

Portugal used to showcase a new Internet site aimed at helping immigrant workers send money home to their families, Lisbon's Interior Minister, Rui Pereira, said.

Speaking to the Lusa News Agency ahead of a meeting of immigration officials from the so-called "5+5 dialogue" bloc, taking place in the Portuguese city of Évora, Pereira said his country's SEF border police have developed a website to inform migrant workers of how best to send home remittances.

The 5+5 bloc, comprising Portugal, France, Spain, Italy, Malta from the European Union and Morocco, Libya, Algeria, Tunisia and Mauritania in North Africa, together the Maghreb, was staging its 4th meeting on immigration issues.

Although the EU is currently working to standardise its procedures to repatriate illegal migrants, with 5+5 members France and Italy calling for tougher measures, Portugal's Interior Minister said Tuesday's meeting in Évora was used for any debate on European immigration polices. *TPN/Lusa*

Unlimited source of Internet addresses to be on stream in Europe by 2010

Increasing demand for Internet based services means that there will not be enough addresses to support this expected growth, if no action is taken.

Encouraging Internet users and providers to adopt the latest Internet Protocol (IP version 6 or IPv6) will provide a massive increase in address space, much in the same way as telephone numbers were lengthened in the 20th century.

The European Commission this week set Europe a target of getting 25 percent of EU industry, public authorities and households to use IPv6 by 2010, calling for concerted action at European level to get all users prepared for a timely, efficient change to avoid extra costs for consumers and give innovative European companies a competitive advantage.

"This is very much a case of a stitch in time saves nine", said Viviane Reding, EU Commissioner for Information Society and Media.

"In the short term, businesses and public authorities might be tempted to try to squeeze their needs into the strait jacket of the old system, but this would mean Europe is badly placed to take advantage of the latest Internet technology, and could face a crisis when the old system runs out of addresses. IPv6 provides more addresses in cyberspace than there are grains of sand on the world's beaches. If Europeans are to use the latest Internet devices such as smart tags in shops, factories and airports, intelligent heating and lighting systems that save energy, and in-car networks and navigation systems, then we already face a thousand-fold increase in demand for IP addresses. I call on Member States to make sure that public authorities and industry have IPv6 widely sown up by 2010."

IPv4, used since 1984, provides 4.3 billion addresses, of which only about 700 million or 16 percent remain free and available for new connections.

The new Internet protocol, IPv6, will make an almost unlimited amount of IP-addresses available and so support new applications using devices that are too numerous or costly for IPv4. This will make it much easier for home users to build their own private networks and connect them to the Internet.

IPv6 will encourage more innovative Internet applications, in particular those based on networking huge numbers of small and simple devices. For example, energy management for street lighting and intelligent buildings could be improved, and the Internet could cheaply and reliably connect remote control sensors into everyday household appliances. This in turn will provide an incentive and opportunity for companies to innovate still further, and so produce the next generation of Internet applications.

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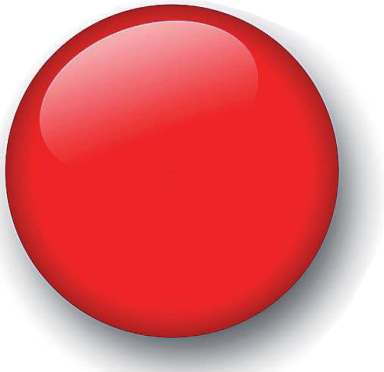

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Senior diplomat visits Macao, Beijing

Portugal's No. 2 diplomat, State Secretary for Foreign Affairs and Cooperation, João Gomes Cravinho, will pay an official visit to China, including Macau, later this week, the Foreign Ministry said.

In a press release issued on Monday, the Ministry said Gomes Cravinho would hold talks with officials in Macao and Beijing during his four-day visit that commenced on Wednesday.

He will also address two seminars centred on European and Chinese relations with Africa marking the 50th anniversary of the European Union.

Gomes Cravinho's May 28-31 trip comes after visits by two Chinese delegations to Lisbon late last year during Portugal's term as head of the 27-nation European bloc. *TPN/Lusa*

EU denies it is behind in Bissau fishing accord payments

The European Commission denied charges by Guinea-Bissau on Tuesday that it has fallen behind in payments under a bilateral fishing accord.

An official in Brussels told the Lusa News Agency the new fishing agreement, inked last year, had only taken effect on April 15 due to bureaucratic delays that in turn had delayed the first payment of 15 million euros for "purely administrative reasons".

The commission was "working in close cooperation" with Bissau to assure "the correct application of the accord and the absorption of (EU) funds" by the West African country, the official said.

Bissau's Finance Minister, Issuf Sanhá, charged last week that the EU had failed to make its first agreed payment of 15 million euros by the April 30 deadline.

Sanhá, who made the allegation on the sidelines of a meeting with an International Monetary Fund delegation, said he had asked the IMF to press Brussels into speedily paying up as the delay left the government without funds to pay salaries and meet international commitments.

Signed in 2007, the new fishing accord is valid until 2011.

TPN/Lusa

Lidl backs out of rice rationing

German supermarket chain Lidl, who earlier this week decided to ration the sale of rice to ten kilos per customer, has gone back on its controversial decision by claming the market is "amply supplied with rice and there is no need for the rationing".

After talking to the chain's deputy-administrator, State Secretary for Commerce, Services and Consumer Rights, Fernando Serraqueiro, confirmed "I have a guarantee that the rationing has been suspended"

"It is important to stress and reassure people that the Portuguese market is fully stocked up with rice", he added.

Lidl's short-lived rationing was then justified by the "shortage of this basic necessity", as could be read on warnings posted inside stores.

It was an unprecedented measure for Portugal, though sustained by decree-law number 370/93, implemented on October 29th, which permits the refusal of selling goods if sales compromise "the seller's satisfaction of normal industrial or commercial retail expectations, especially concerning the safety of back-up stocks".

With regards to buyers, the law can also be applied should there be a "significant disproportion of demand in relation to normal consumer quantities".

Lidl's decision was similarly adopted by the USA's Wal-Mart chain and Sam's Club, which rationed rice sales to nine kilos per person (four packets). It is the first time in USA history that restrictions have been put on the sale of foods.

In the UK, supermarket chain Tilda has also started to limit its rice sales.

The cause the rationings are difficulties in producing rice from the world's main suppliers, which include India, Vietnam and the Philippines.

Worried by their inability to maintain prices in their respective internal markets, all highly-dependant on rice the decision was made to suspend exportation. More recently the Brazilian government has followed suit.

The sudden rise in the price of rice has been caused by key factors such as the degradation in weather conditions needed to produce cereals, and the soaring prices of fuel, which saw cereal (rice, corn, wheat and Soya) sales boom, bought to produce bio-fuels.

A Cambodian farmer plows his rice field in Kandal province, Cambodia, on Tuesday. Cambodia lifted a two-month ban on rice exports when Prime Minister Hun Sen said the measure had ensured a sufficient domestic supply. (Photo: EPA/Mak Remissa)

Traditional flight tickets replaced with electronic documents

As of June 1st, all company members of the International Air Transport Association (IATA), such as Portuguese carrier TAP, are to replace the issuing of traditional flight tickets with an electronic substitute that will reportedly save the air travel industry some 2.2 billion euros.

IATA, which represents 240 companies worldwide and is responsible for 94 per cent of all international air traffic, has confirmed that as well as saving such a significant amount of money, it will also avoid the felling of an estimated 50,000 trees.

Electronic tickets are essentially printed e-mails of travel confirmation, thus allowing passengers to travel with one single document, which can include multiple flights, even when entailing different airlines.

Passengers purchasing air travel through agencies will be issued confirmation via email, post or fax.

On the day of travel, passengers will need only to show their print-out proof of reservation; check-in staff verify the reservation on their system, and boarding cards are issued as normal.

This is commonplace procedure at present with so-called 'ticketless' airlines, such as low-cost companies where bookings are made directly by the passenger via the Internet. This latest development will see travel agencies adopting the same procedure.

As well as eliminating the possibility of losing tickets, it is in fact more cost efficective for companies and significantly more environmentally-friendly.

TAP boosts flights to Bissau

Portuguese airline TAP is increasing its weekly flights to Guinea-Bissau to twice-weekly from June 1 and plans to operate three flights a week to the West African state from July, company sources said this week.

TAP announced earlier this year it would boost its Guinea, Cape Verde and Mozambique services during the summer. The Portuguese airline carried 430,000 passengers on its African routes in 2007.

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Fiscal Representation for Non Residents

Fact: By law, all non-resident companies and individuals owning a property in Portugal are required to appoint a fiscal representative.

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EU to fix strict conditions for the import of Ukrainian sunflower oil

Several sunflower oil bottles seen in a shop in Madrid last month. The Spanish Health Ministry recomended not to use the product after detecting contamination by mineral oil from the Ukraine. (Photo: EPA/Gustavo Cuevas)

Following the contamination of sunflower oil with mineral oil, the European Commission today adopted a decision issuing strict conditions for the import of Ukrainian sunflower oil into the European Union, providing for the reassessment of the situation within a year.

On the basis of the decision, sunflower oil originating in, or consigned from, Ukraine shall not enter the EU unless a valid certificate and results of sampling and analysis for the presence of mineral oil accompany the sunflower oil consignments.

The certificate shall be valid only if the oil's sampling and analysis, and the certificate's issuance, have taken place after the European Commission has assessed and formally accepted the control and certification system, to be put in place by the Ukrainian authorities.

The Commission shall reassess the situation within one year at the latest.

Improving the safety and environmental performance of vehicles

The European Commission has this week proposed that all new cars from 2012 will have Electronic Stability Control (ESC) systems, to drastically improve vehicle safety. Furthermore lorries and other heavy vehicles should be fitted with Advanced Emergency Braking Systems (AEBS) and Lane Departure Warning (LDW) Systems as of 2013.

Last year the Commission already proposed the obligatory fitting of passenger cars with Brake Assist Systems (BAS) to protect pedestrians.

These measures will reduce fatal casualties in traffic by an estimated 5,000 a year. At the same time the Commission proposes the obligatory introduction in 2012 of low rolling resistance tyres, which considerably save on fuel consumption and CO2 emissions and might also reduce noise, while maintaining high level safety. Low rolling resistance tyres will reduce up to 7 gram of CO2 per km, therefore contributing strongly to the CO2 reduction strategy for cars, adopted in February 2007.

Fuel consumption and CO2 emissions will further be reduced by the proposed introduction of Tyre Pressure Monitoring Systems. The Commission proposal will also sweep away more than 150 existing Directives and replace them with one single Regulation, which is directly applicable in the EU and refers to harmonised UN standards.

European Commission Vice-President Günter Verheugen, responsible for Enterprise and Industry, stated: "We are simplifying legislation. We are improving road safety. We are promoting fuel efficiency. We are presenting a modern integrated policy approach beneficiary to citizens, to the environment and industry.''

Electronic Procurement in the EU opens doors to cross-border business

The European Commission is moving a step closer to making it easier for companies, in particular Small and Medium Sized Enterprises (SMEs), to bid for public sector contracts anywhere in the EU; a crucial step towards achieving the Single European Market.

The Commission announced this week it will co-finance a pilot project, driven by eight European countries that will create the conditions to link existing national electronic public procurement (e-procurement) systems. Simplifying cross-border procurement will generate savings on administrative and transaction costs and will benefit taxpayers, who ultimately pay for public purchases. The project will invest more than € 19 million over three years, € 9.8 million of which will come from the European Commission's Competitiveness and Innovation Programme.

"E-procurement already allows businesses to bid for the largest buyers in the EU" said Viviane Reding, Commissioner for Information Society and Media. " By making sure their systems work together, Member States are helping European businesses to win public sector contracts anywhere in the EU. This is a crucial step towards completion of the Single European Market."

Bouncing into top place

The May International Algarve Fair at Fatacil Lagoa was the most successful to date.

Among many tributes received, Lagoaís Mayor said it was iextremely well organised and dynamicî and was a ìgood blend of various communities of different nationalitiesî.

In the completed surveys, visitors told us they most enjoyed the entertainment and variety of activities, the little circus and music. They loved the crafts the variety of stands, the show gardens, choice of restaurants and the ëkidís stuffí.

They enjoyed the cars, bikes, pet shop and various beauty treatments. Most said they just enjoyed everything and there were many comments about the atmosphere, the friendliness and warmth of the people.

Exhibitors were also asked to complete surveys and a massive 86.8% voted the fair a total success.

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Cape Verde hoping for progress in EU partnership during French presidency

Cape Verde hopes its special partnership accord with the European Union, established last year during Portugal's EU chair, will take an important step forward in the area of immigration during France's stewardship of the 27-state bloc from July 1, Cape Verde President Pedro Pires said this week.

In comments to the Lusa News Agency in Paris, where he was awaiting a flight to Japan, Pires said the Praia government is hopeful the EU will work to swiftly implement a pilot immigration scheme for Cape Verde and Moldova that was agreed by the 27 last year.

Under this scheme, Cape Verdean migrants would get "flexibility of movement" in EU states signing up to the experimental immigration accord. Pires said such pacts were in the pipeline with Portugal, Spain and France. Luxembourg could join the scheme at a later date.

Pires said he would discuss the EU's planned pilot immigration system in talks with French President Nicolas Sarkozy on June 2 during a Paris stopover on his return from Japan.

Cape Verde's leader also used his sojourn in the French capital to visit UNESCO headquarters, where he discussed the candidacy of Cidade Velha in the West African archipelago for World Heritage status.

The Portugal News www.the-news.net

Alcântara Metro essential for urban progress

A new metro station for Alcântara is considered a "central issue" for the area's future urban development, following various suggestions and complaints from residents during an open meeting held by the City Hall, in which the re-development project was publicly presented.

Despite not being amongst the Government's top priorities, City Hall councillor for urban planning, Manuel Salgado, has defended its importance and said that it should be included in the council's project.

Councillor Salgado believes the city's metropolitan subway network should extend to Alcântara, and that it should fit in with solutions for other rail and road networks.

According to the councillor, also included in the plan will be more pedestrian and cyclist circuits, along the riverfront, as well as an improved urban ecological structure.

The project will cover an area measuring 174 hectares, including Bairro do Alvito and the historical areas of Alcântara.

Preliminary plans will be ready by March 2009.

Members of the Parliamentary Commission of Public Works, Transport and Communications, listen to the President of the Lisbon Metro, Carlos Alberto Mineiro Aires, during a visit to Terreiro do Paço metro back in 2006. (Photo: António Cotrim / Lusa)

Airport taxis to give fee forewarning

The Portuguese Taxi Federation (FPT) is presently campaigning for a new system to be introduced, where airport taxis must first handover a payment slip informing passengers of how much the journey will cost, in full.

Earlier this week the FTP protested against a governmental proposition that suggested introducing an exclusivity scheme for the Lisbon airport taxi run, which it considered to be "unjust" and "prohibitive".

Carlos Ramos, president of the FTP, told Portuguese news agency Lusa, "The government has proposed a regime of exclusivity which we oppose. We think any future regime that is implemented should be free".

One of the biggest grudges the federation holds against the government's strict new proposals is that it "prohibits the majority of taxi drivers from going to the airport, and at this moment, in these circumstances, it would be extremely difficult to implement".

It does however agree new rules must be created for those undertaking the airport taxi services, as well as sanctions for those who do not adhere to fair pricing.

The FTP proposes "a solution for payment of this service which should be clear, transparent, and avoids problems at the airport, allowing clients to know before they set off how much they will be paying".

For this a 'voucher' was suggested, where potential passengers are given receipts informing of the full cost of the journey before they even get into the taxi.

Blue Flag for Oeiras' Recreational Port

For the second consecutive year, Oeiras Recreational Port receives the Blue Flag as proof of its quality and environmental commitment.

The annual award, certified by the Blue Flag National Jury, is given to beaches and marinas that follow a set of criteria of environmental importance such as safety and comfort of the users, informative signs and environmental awareness.

In 2007, Oeiras' Recreational Port was the only recreational port on the Atlantic coast to receive the Blue Flag award.

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Rock In Rio safety plan entails crew of thousands

Sixteen video surveillance cameras, two 'mini-hospitals', a police station, around 50 health professionals and 1,000 security officers, dozens of which will be in casual clothing, have all been enlisted to ensure this year's mega Rock In Rio festival runs as smoothly as possible.

According to PSP superintendent Costa Ramos, the City of Rock and all surrounding areas will be subject to "pro-active" policing, based on the force's experience with previous Rock In Rio festivals.

Various policing departments will contribute to the City Of Rock's security, including criminal investigation bureaus, explosive experts, and man and dog teams.

Traffic control agents will also be assigned to control the exterior of the venue.

An emergency corridor has been freed up for urgent transport, there will be a special holding centre for those partaking in criminal activities, and a high definition video surveillance system will offer a bird's eye view of the entire venue, allowing rapid intervention from both police and medics, should it be needed.

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Continente supermarket closes after fire

Firemen fighting the blaze, which consumed Continente supermarket in Amadora on May 25th. (Photo: Tiago Petinga / Lusa)

Amadora's 'Continente' supermarket was closed for 24 hours this week following a fire that broke out in one of its smaller warehouses. Financial losses were mainly due to the closing of the store, as well as some damage caused by water in extinguishing the blaze.

Despite initial fears the fire would spread, suggested by the substantial amounts of smoke coming from within the premises, this was not the case.

Within an hour and a half local fire-brigades had extinguished the blaze, with no victims or injuries caused, nor any substantial material damage.

It is not yet known how the fire started, though an investigation is being carried out.

Smoke was first detected at around 09h00 on Sunday morning, coming from a 20-square-metre warehouse in which decorative materials were stored. Reports say the warehouse had a suspended ceiling made of fiber-wool and cork, causing the fire to spread at an alarming rate.

Following the fire the store was immediately closed down, losing that mornings profits.

Westheimer

Writing on the Ribbons

If educators had looked at Joana's school transcript ten years ago, they would never have predicted that she would have graduated last week from Universidade Católica, esteemed by many as Portugal's finest school of higher learning.

When I met Joana at the SOS Children's Village in 1998 she was floundering in a Portuguese public school. One day I asked how her English classes were progressing.

"Our teacher has been gone for two weeks," she said in the few English words she knew.

"But didn't you have a substitute teacher?"

"No, they don't have them at our school. We just wander around in the parking lot until our next class."

The week after I met her, Joana had told me she wanted to be a journalist. From that moment I believed that she had the intelligence, drive and motivation to succeed in her chosen career. But I also knew that without a decent education I'd someday see her selling dresses instead of writing the news. As the school year progressed, she brought home very little homework and seemed to lose her spark as her ninth grade year moved toward spring. That's when good fortune came Joana's way, maybe for the first time in her thirteen years. Through a combination of good timing, good fortune and extraordinary generosity on the part of several people, Joana was able to enter one of the area's fine international schools.

I remember picking her up at the Village for her first day of the new school. Probably I was as nervous as she was. We rode in silence down the A-5 on that early September morning. I kept both eyes on the road but was also attentive to Joana who played with the ringlets in her not quite dry hair and kept tucking her white blouse into her blue trousers. Neither of us talked about the obvious but I'm sure we were thinking the same: would Joana be accepted socially? Could she succeed academically? Would she miss her old school and want to return?

No one had these answers. Yet. But three months into her first term at the school Joana had already signed up for the girls' soccer team, been invited to several of her classmates' birthday parties and received a glowing report on her first months at school. So many times I wanted to say, "Do you like it there, Joana?" But I let her actions speak instead. Within a week we managed to get her to school on the bus, and she had made phenomenal progress in English. At this school, when the teacher didn't come (rarely), a substitute always covered the classes. One year turned quickly into three. Joana participated in three plays, sang in two concerts and had more friends than I ever did in school. She was thriving! And then, as quickly as she started, Joana realized it was time to think about finishing and going to university.

I knew little about Portuguese higher education and so I invited Joana to go with me to the UK to look at schools. Reluctantly, she went. Happily, she returned to Portugal one week later.

"Pat," she said, on the plane ride home. "I'm sorry to disappoint you. But I want to stay in Portugal for university."

My inner voice told me to back off, let Joana choose her path. At least, I reasoned, she wanted to continue her studies, which was far more than I'd imagined the day I met her struggling through ninth grade.

And then came the offer to study at Católica. Like a proud mother, I remember boasting to some friends who were touting their children's college choices.

"My God daughter is going to Católica,! I said, with unconcealed pride.

In fact, due to her excellent international school education, Joana was accepted at several Portuguese universities. And then I did get bossy. "Go to the best," I said.

I don't think my words had much influence but she did enroll, excel and finish. And it all culminated in a ceremony called the "Blessing of the Ribbons" which I attended last week at Campo Grande. Thousands of students from numerous Portuguese universities received the blessing of the Patriarch and proudly displayed the traditional ribbons on which parents, friends, and teachers write words of encouragement. Joana clutched her book tightly with all the ribbons dangling from it. Don and I had written expressions of congratulations, encouragement and pride. Her Village family had done the same and her boyfriend, whom she met at the international school, had written on the red ribbon saved for suitors. I asked Joana if I could read what Miguel had written. She blushed but said, "O.K."

When I read the words of care and affection for the now 22 year-old I remembered how far Joana had come from her days of wandering around in the school parking lot without a class to attend. Quality education had been the key to Joana's emotional happiness and academic success. And, as I also wrote on the white ribbon, "Now, Joana, it's up to you."

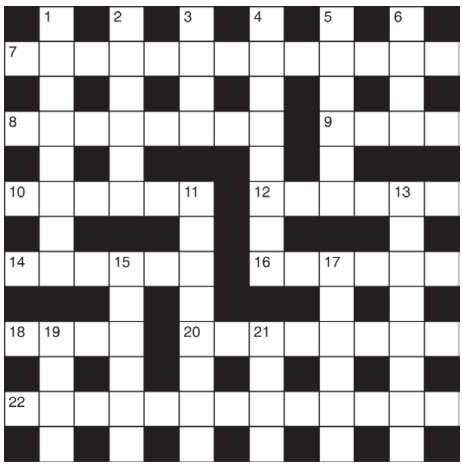
"I know that," Joana said, running her hands through the ribbons. "Now, it's up to me."

patwestheimer@gmail.com

Insurance Company Column Update: My agent called two days ago informing me that that Spanish insurance company had agreed to pay for the damage their client did to my car. Maybe they, too, read The Portugal News!

Joana graduates from Universidade Católica.

The Portugal News Crossword No. 194



QUICK CLUES

ACROSS
7. Resolve (13)
8. Strive (8)
9. Competent (4)
10. Aptitude (6)
12. Really (6)
14. Tell (6)
16. Prove to be false (6)
18. Fashionable (4)
20. Reticent (8)
22. Vertical (13)

DOWN
1. Curb (8)
2. Read (6)
3. Self-satisfied (4)
4. Subordinate (8)
5. Beach (6)
6. Implement (4)
11. Alluring (8)
13. Outer (8)
15. Fill (6)
17. Spasmodic (6)
19. Mind (4)
21. Trim (4)

QUICK SOLUTIONS No. 193

Across: 1 Loch; 8 Abominable; 9 Ill-fated; 10 Idol; 12 Snappy; 14 Enmity; 15 Virago; 17 Vandal; 18 Shut; 19 Threaten; 21 Nonchalant; 22 Oust.

Down: 2 Outlandish; 3 Half; 4 Portly; 5 Kindle; 6 Talisman; 7 Feel; 11 Outrageous; 13 Practice; 16 Outlay; 17 Verbal; 18 Sink; 20 As to.

sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.
There's no maths involved. The grid has numbers, but nothing has to add up to anything else.
You solve the puzzle with reasoning and logic.
It's fun. It's challenging. It's addictive!
Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

			2				1	
3				4		8		
	8	6		9		5		
			3		6			1
	3	5				2	6	
7			8		9			
		3		8		1	7	
		7		1				9
	2				7			

Last weeks solution:

8	1	7	9	2	5	4	6	3
4	6	3	8	7	1	2	5	9
5	9	2	4	3	6	7	8	1
7	5	4	1	6	3	8	9	2
1	8	6	7	9	2	3	4	5
2	3	9	5	4	8	6	1	7
3	4	8	2	5	9	1	7	6
9	2	1	6	8	7	5	3	4
6	7	5	3	1	4	9	2	8

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

Allgarve kicks off on 21st June in Faro

The second edition of the Allgarve Programme starts on the day of summer solstice, with concerts and street entertainment in Faro's historic centre, together with contemporary art exhibitions.

Faro Council is going to invest €20,000 towards the initiative, mainly in stages, for the renovation of the Beer Factory and dressing room structures, whilst the artists' accommodation is Turismo de Portugal's responsibility.

The programme, which extends until October, is promoted by the Ministry of Economy with dozens of shows, concerts and exhibitions throughout the Algarve.

Fans wanting to watch the 17 biggest concerts of the Allgarve programme during the summer will have to dish out around €500 for all the tickets.

'Allgarve Jazz' starts on 4th July in Portimão with Lucky Peterson, considered to be BB King's heir of the blues, performing at Restinga Stadium, in Alvor. Herbie Hancock is also another one of the world acclaimed jazz artists to perform, with 2,000 seats available at the Duarte Pacheco Monument in Loulé on the 5th.

Maria João (singer) and Mário Laginha (pianist), Dee Dee Bridgewater, Manhattan Transfer and Freddy Cole (Nat King Cole's younger brother) are the remaining jazz performers expected.

All the 'Allgarve Jazz' concerts will have after-parties in the region's discotheques, such as Sasha, T-Club or in 'chill out' spaces at the venues' location.

The most anticipated concerts of the summer programme are Caetano Veloso, 25th July at Hotel Santa Eulália, Diana Krall, 29th at Albufeira Marina, 'Riders on the Storm - The Doors' 40th Anniversary, 18th July at Pine Cliffs Sheraton, Lou Reed and Simply Red.

The 'Allgarve' brand, announced in March 2007, was created to raise the value of tourist attractions to the Algarve region and to promote a programme of cultural improvement.

Despite the initial uproar by local authorities because of the name, Tourism Secretary of State Bernardo Trindade says the 'Allgarve' brand will continue to be used for the next few years.

The global cost of 'Allgarve' this year is valued at €2 million.

Minister of the Economy, Manuel Pinho, in Oporto March 14th, 2008. (Photo: João Abreu Miranda / Lusa)

Fuel for Faro children's home

The Refúgio Aboim Ascensão children's home in Faro is going to be supported by BP with €65,000 in gas and fuel until 2010, allowing the refuge to spend money in other needy areas.

At a time when fuel prices are constantly rising, Luís Villas-Boas, director of the organisation, said the request for support was made in November 2007, well before the fuel prices started to rise drastically.

The amount requested was calculated by an estimate of fuel and gas consumption by the institute in 2006.

With a ten vehicle fleet and meals being cooked for 119 workers and 95 children, the support provided by BP is a huge "financial backup" for the Refuge's expenses.

BP Portugal's donation will allow Aboim Ascensão Refuge to undergo renovations, buy new reading material, new furniture and much, much more.

The Refuge thanked the BP Administration Council President for his compassion and hopes the support will become like Dodot nappies. Dodot started with a one year protocol and have now been supporting The Children's Emergency, another name by which Aboim Ascensão Refuge is known, for 12 years.

Royal British Club Golf

Armed with just four clubs and a putter, and kindly sponsored by Victoria Seguros who were represented by The Royal British Club Golf Society member, Jo Alves, 34 members of the society and 2 guests set forth at Estoril Golf earlier this month.

With excellent weather assisting the players, and given the club restriction, scores clearly showed that having a full bag is no guarantee for success.

Peter Rydin came home with 36 stableford points chased closely by Hans Ludolphi returning a 35 on a countback from Antonio Vieira. 4th, 5th and 6th all scored 31 points resulting in another countback, which included more players outside the first 6. Chris Goulding, Eddie Leitão – who also received the Ron Newstead Trophy for the best score from a player with a handicap of 19 and over - and Richard Evans filled these positions respectively.

Accuracy and ability do not always go hand in hand, Lars Nygren getting closest to the pin for men, and also collecting the cow bell and a free lesson from one of the resident professionals, Gordon Young. Teresa Negrão was the most accurate lady with Martin Roberts being the best guest.

A great day enjoyed by all, which came to an end after an excellent lunch at the Estoril Golf Club restaurant.

ALFA Literature Salon

A literature salon? What is that? A book club? No, come and see and listen for yourself.

On the first monday of the month, at 7.30pm, ALFA, the Association of Literature Friends in the Algarve stages a book show, a get-together of authors and readers, giving authors the possibility to turn an audience, that has never heard of the author, let alone of his or her book, into keen readers.

Venue: Convento S. José in Lagoa.

Coming event: Monday, 2nd June. Guests: Jenny Grainer, Pete Moore Further information: tel. 917 602 607.

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Music Maestro, please

The children of the Irene Rolo Institute for disadvantaged children in the Tavira area greatly enjoyed the piano kindly donated by Emma Kool.

There was much excitement on Wednesday, 21st May amongst the children at the Irene Rolo Institute for disadvantaged children in the Tavira area. A piano had mysteriously appeared and quickly been covered up. Visitors were arriving; people from Holland and England; the Director of the Institute and some of the administrative staff; Luis Conçeicão, the Director of the Academy of Music; Jackie King, the Pastor of the Tavira Christian Centre (Light of the World Communities); and finally the President of the Camera, Macário Correia.

A crowd gathered outside the assembly room, where the piano had been taken, the doors opened and the mystery solved. Emma Kool, a lady from Holland, shortly to return there, wishing to donate her piano to a worthy cause, had contacted a member of the Tavira Christian Centre, who had suggested Irene Rolo. The Tavira Christian Centre had then contacted various official bodies and, thanks to the prompt co-operation of the Tavira Camera and the Academy of Music, just a week later the piano was in situ.

Two or three brief speeches were made, expressing the hope that this might prove the start of a wonderful opportunity for the children of Irene Rolo to enjoy music, both in listening and in performing. It is hoped that local piano teachers will volunteer to give some of their time to teaching these disadvantaged children.

After a short prayer had been said, Emma removed the dust sheet. A real treat followed. One of the pupils from the Academy, João Daniel, aged twelve, stepped forward and gave a beautiful performance of part of the Chopin Valse 29. The children listened spellbound until the end, then clapped enthusiastically.

It was an emotional time for all concerned, especially for Emma who was obviously delighted that her piano was to be put to such good use.

Kurokai fashion opens in Portimão

Kurokai is a Spanish franchising Group which specialises in designing, producing and retailing young, fashionable clothing in big sizes for women. Established since 2000 in Barcelona, they have already more than 20 shops spread threw out the major Spanish cities.

The group has now decided that it is the right time to expand in Portugal and has choosen the city of Portimão to open their first shop, because it is a modern, dynamic, fast growing city in full expansion.

Kurokai fills space that has existed in the market of big high-street retailers, target a specific group of people. They claim to provide modern clothes sizes 42/56 at accessible prices in a good location, it's like a dream come true! Let's not forget that for a large number of consumers it is impossible to find clothes to their taste and size in a traditional high-street shop.

The shop is now open in the centre of Portimão on Rua Vicente Vaz das Vacas and will be open from Monday to Saturday.

Scintillating benefit evening

The Angels Theatre Company promised a "Scintillating Evening of Song and Mirth" and the large and enthusiastic audience were not disappointed.

The Benefit evening to help aid the re-homed horses of the late Custódio Sousa, was held in São Brás Museum on May 21st.

Thanks to the generosity of all involved it raised €1,600.

Joy Behennah produced and directed the Music Hall Revue with a talented cast of twelve performers.

A diverse programme of laughter, song and verse had the audience joining in at every opportunity, encouraged by the chairman Mr Richard Hughes.

'Madam' Nell Battson finely accompanied all, on the piano.

Marion Griffiths suggested 'A Little of What You Fancy Does You Good', whilst Joy Behennah sang that she was 'Poor But Honest'.

The beautiful voice of Sadie Mathews charmed with 'Vilia' and Damian King wooed with his 'London Softly Sleeps'.

Margaret Mattison thought that 'Nobody Loved a Fairy Once They're 40' and Richard Scidmore told his story of 'The Spaniard That Blighted His Life'.

The very funny monologue called 'Gunner Joe' was told by Ralph Keenan, who also appeared in the accomplished 'Barber Shop' quartet with Paula Sulzer, Sylvy and Katrin Wilkes.

All were resplendent in costumes created by the wardrobe mistress Gill Gibbons.

The Angels Theatre Company aims to entertain, whilst raising money for charities.

Anyone interested in joining in, or needing further information should contact Joy Behennah or Marion Griffiths on 289 991079 or contact theangelstheatreco@live.com.

The benefit raised €1,600 to help re-homed horses of the late Custódio Sousa.

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FIESA wows the crowds on opening night

Lights, Camera, Action! Last week 'Hollywood' was revealed in all its splendour to mesmerized crowds of hundreds, who made their way to FIESA – the world's biggest international sand sculpture festival – to see what masterpieces lay in store this year.

And, despite the previous week's rain and subsequent setbacks, disappoint it did not.

Massive masterpieces, made of sand, pay homage to many of Hollywood's most poignant movie moments, as well as some of the cinema industry's most famous faces.

Amongst these were sand statues of Superman, Spiderman, Batman, the Simpsons, James Bond (and his Aston Martin), as well as scenes from Harry Potter, Lord of the Rings, the Wizard of Oz, Alice in Wonderland, and many, many more.

Wandering round FIESA is a little like being Alice in Wonderland, as the massive statues tower over those who stare up in awe at their painstaking detail. Even the minutest detail is depicted with perfection.

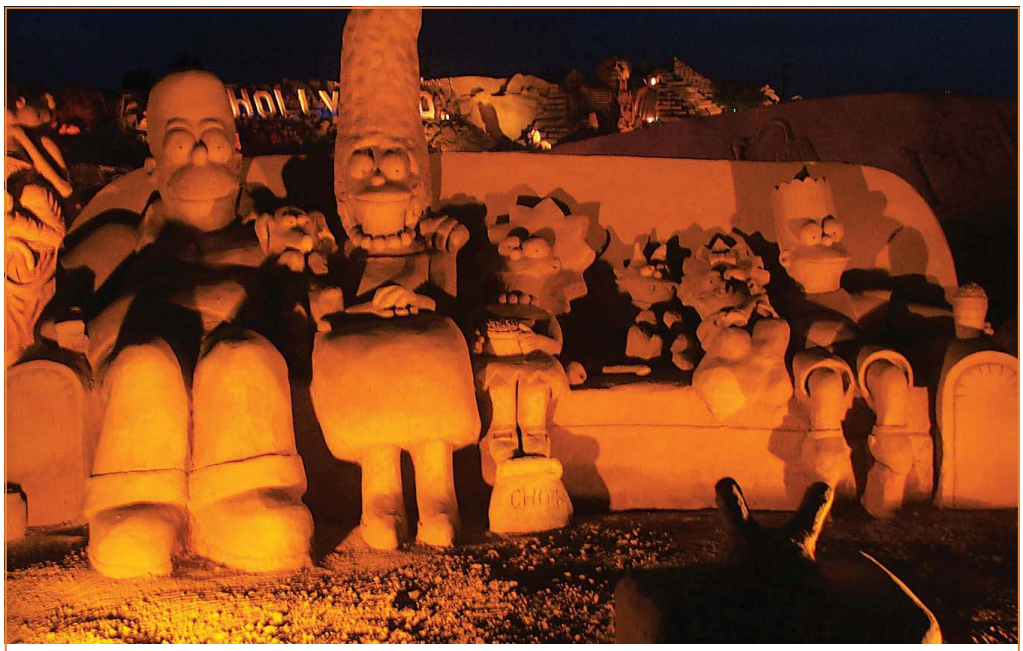
At night the exhibition becomes even more powerful, as up-lights and in-built lighting add a magical effect. Particularly impressive is the symbolic Hollywood sign, recreated in all its glory in sand.

A bar fringed with fairy lights, wood and bamboo tables and benches, and handicraft stalls complete the overall effect. Most nights there is live music, making visiting FIESA entertaining for all ages.

FIESA is now open to the general public, every day until October 22nd, from 10h00 till 24h00.

Tickets cost €7 (adult), six – 12-year-olds €4, and under-fives are free.

Special discounts and rates are available on group bookings (more then 20 persons), for schools and the elderly.



Wandering round FIESA is a little like being Alice in Wonderland, as the massive statues tower over those who stare up in awe at their painstaking detail.

Albufeira celebrates its first IMOEXPO Property Exhibition

From Friday May 30th to Sunday June 1st, the first IMOEXPO Property Exhibition will be held in Albufeira, in the Engº Duarte Pacheco square (centre of the old town), comprising 20 representatives of leading real estate agents in the area.

IMOEXPO presents an excellent opportunity to meet and speak to experts and providers for this market.

The exhibition is free to enter. Organized by ACRAL and HD Real Estate, with the support of Albufeira City Hall and APAL - Agency for the Promotion of Albufeira – the purpose of this display of real estate is primarily to provide public insight in the diverse products and ongoing projects in Albufeira, as well as bringing new life to the historical part of the town.

A large number of visitors are expected to visit the exhibition.

The event will run from 5pm to midnight and will have its inaugural ceremony on May 30th at 8pm. Albufeira Mayor, Desidério Silva will participate in the opening ceremony, as well as the head of the parish *Junta de freguesia,* Helder Sousa, and other regional dignitaries.

Among the current registered exhibitors are HD Real Estate, Villas Prestige, Sunseeker, Garvetur, Orbial, Teifil; Fatamorgana, Nova Técnica, Veigas Imobiliária, Gmac, Deutsche Bank and BESCL.

In addition to these property exhibitors, there will also be an area for musical entertainment with the participation of the Folklore Group of Paderne, Banda Alhada, José Maria Vaz de Almeida and Toca a Bombar.

Helena Dias, the organiser of the fair, says "I got the idea for this fair because I think the real estate market in Algarve needs to become more dynamic and go out and approach the customers."

"Albufeira and the Algarve has so much to offer the people and I hope that this fair will show the foreign market the diversity offered from the area."

"It is my hope that the fair will bring more people to the centre of Albufeira"

For more information, call Helena Dias on: (+351) 966 224 591.

Fifth International Algarve Wheelchair Basketball Open

From May 29th – 30th, the ParaSport Association for Invalid Sports Promotion is organizing, for the fifth consecutive year, the International Algarve Wheelchair Basketball Open in Tavira's Dr. Eduardo Mansinho Pavilion.

This event will include the participation of the National Team, as well as other leading teams from England, Ireland and Poland.

Six teams, a total of 74 athletes, all with physical disabilities, will compete over three days in what has now become one of Europe's most prestigious sport championships for the handicapped.

Fair continues to grow

The May International Algarve Fair at Fatacil Lagoa was the most successful to date.

Among many tributes received, Lagoaís Mayor said it was ìextremely well organised and dynamicî and was a ìgood blend of various communities of different nationalitiesî.

In the completed surveys, visitors told us they most enjoyed the entertainment and variety of activities, the little circus and music. They loved the crafts the variety of stands, the show gardens, choice of restaurants and the ëkidís stuffí.

They enjoyed the cars, bikes, pet shop and various beauty treatments. Most said they just enjoyed everything and there were many comments about the atmosphere, the friendliness and warmth of the people.

Exhibitors were also asked to complete surveys and a massive 86.8% voted the fair a total success.

Even greater things are being planned for the next fair - Make sure YOUR company is represented!

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Dr. Walter Santos and his Medical Team

SIR, Whilst on holiday in Portugal I suffered a heart attack on April 29th 2008 and was rushed to the Cardiology department of Faro Hospital and I wanted to tell you about the treatment I received.

Dr. Santos and his team and all the staff I came into contact with were absolutely wonderful. I received the best care possible and, for me, even more importantly they delivered their care with kindness and consideration whilst respecting my dignity as a person.

One example of a little act of kindness was that, of course, some staff did not speak English but they showed their concern by gently stroking my arm. This gentle gesture of concern meant a great deal to me and touched me deeply.

Words cannot express my gratitude to everyone who cared for me and I am sure that their skills and professionalism saved my life.

I felt in safe hands and I know that I was fortunate in that the medical team were thorough and I benefited from their extensive expertise and the medical procedures they have in place to deal with medical emergencies such as this.

I would be grateful if you would relay the contents of this letter to all those kind people and tell them I will never forget them.

I would be grateful if you would acknowledge this letter as it is important to me that they know the difference they made to help me through a life changing event.

Thank you for dealing with this I am copying this to the local English Newspaper and if possible your Government Health Minister

GERALDINE BAIRD MBE, BA. Dip. Yth. Comm. DHS. FCIH, Glasgow, Scotland

Glad not to be a deist

SIR, Boy am I glad I'm not a deist! If I were, Michael Baugh's diatribe (May 24) questioning why God lets bad things happen to good people, (China's earthquake) would blow me away.

For those who don't know, Deism was a school of thought that, while denying the Biblical God, believed the study of nature and reason were sufficient to lead us to the existence of a great architect that made a mechanically perfect world, wound it up and let it go on its own inertia. After the great 1755 earthquake in Lisbon, deists like Voltaire went off the deep end into atheism wondering how such a perfect watchmaker could have made such a bad watch. What Baugh doesn't seem to realize is that the Judeo-Christian world view is not that of the deists so I doubt that the writer of the 'Upward Glance' column will be at a loss for words in refuting Baugh.

It is Baugh's own atheism that is unable to make sense out of human suffering. Why does amoral nature culling the population of just another insignificant mammalian species trouble him? And if God doesn't exist, what absolute moral standard does Baugh appeal to when he accuses anyone, God included, of acting wrongly? What about life after death? In Baugh's belief system, are the 60,000 victims like the canary on the bottom of the bird cage?

Mr. Baugh has told us how not to process the tragedy in China. He hasn't told us how we should make sense out of a world where bad things happen to good people.

JAMES ROSS, Estoril

Ref. article (17th May) on Portimão Mayor, Manuel da Luz

SIR, I was astonished to read that Portimão Mayor, Manuel da Luz thinks that bar owners should be responsible for entertaining the youth of his city – I quote "There is nothing else for young people to do except listen to music and drink. Bar owners, to whom (sic) I have been speaking, should look to create other attractions besides alcohol".

Has the man the vaguest idea about how to run any business? Has he the slightest inkling as to how hard it is to make a living running a bar in the current financial climate, or how much bar owners are having to pay out each year in licenses and taxes and ludicrous "improvements" forced upon the owners by new health and safety regulations, without having to stump up for whatever it is he thinks they should be doing? Were I one of the unfortunate bar owners having to deal with his ignorance, I think I would just give up and go on the dole.

If there is nothing else to do in Portimão Snr. da Luz, don't you think it is the responsibility of you and your council to address the problem, and that of the parents of the youths involved? To simply pass the buck on to a specific group of businessmen because you cannot be bothered to tackle the problem yourself is absurd.

If I were standing against Manuel da Luz in the next mayoral election, I would have that statement written large on every billboard in town, and would not even bother with any other campaigning, as it says everything you need to know about the man's attitude to what goes on in his city.

PERRY BARTLETT, Albufeira

O Tempera! O Mores!

SIR, Ron Lavery and James Ross have spoken with prophetic voices (Letters 24th May). Ron's warning regarding Islamic aims is timely, and ignored at our peril. If Mr. Smith has any doubts about the aims of Islam for world domination at any price, let him read the Koran; he will not get far into it before seeing the wisdom of Ron's words.

James Ross sounds a similar warning in another quarter. It may already be too late to halt the political correctness which has already neutralised freedom of speech, not only in Britain but in most of the European states, and it's certainly too late to reverse what has already been done in many of those areas James enumerates.

In a world of constantly-shifting values, young people need to know the bottom line is that the greater majority of the human race is either male or female, equipped by nature to fulfil the teleological purpose which is of vital importance for the continuation of our species, and that to prevent its total collapse, society should ensure that demarcation lines in this respect are clearly drawn. Language which reflects this must be maintained. It is most unfortunate, yet a fact of life, that in some cases sexual orientation has become confused by Mother Nature, but, as a former colleague of mine, (a priest of the Benedictine order, James) once remarked in a discussion on this subject, we should sympathise but not condone.

However, in order to continue to maintain my role as James' bete noire, I hope, in the light of the Pope's recent admission regarding the activities of certain of the priesthood, that the Canadian clergy who preached sodomy as a sin were not practising what they preached!

MICHAEL BAUGH, By e-mail

Reply to Mr. V. Alles

SIR, Your correspondent Mr. V. Alles is wrong when he writes that I did not respond to his letter of 19th April, because I submitted a reply a few days later. However, it was not published because of an editorial decision to end the holocaust debate. Unfortunately no mention of that was made in the Letters Page.

The point of his ramblings about fascism escapes me, but **The Portugal New's** efforts to expose and name members of the Bilderbergers are well known and few regular readers would agree with him that most of us are conditioned to believe that the Bilderbergers'/ New World Order's plan for world domination is just a theory.

However, my reason for mentioning the NWO was a means to draw attention to a much more serious threat – i.e. the ease and speed with which ever increasing numbers of Muslim immigrants who, by acts of terrorism and murder, are stifling criticism and frightening Christian host governments into accepting their very restricted way of life based on the teachings of the Koran.

What has surprised me about part of an earlier letter by Mr. Alles is that no loyal Dutch survivor of the German occupation has commented on his boast that he was proud of his grandfather who volunteered to serve in the Brigade Nederland of the Waffen SS. These Dutch traitors helped prolong the war by fighting alongside German troops on the eastern front. Perhaps such treacherous behaviour happened so long ago that the Dutch now think it is best forgotten?

It will be interesting to see what response Michael Baugh's challenging letter prompts from those whose faith in a merciful, caring God is so deeply rooted that not even recent horrific events in Burma and China seems to cause them a moment's pause for thought.

RON LAVERY, By e-mail

Road, from p.1.

Road Safety Strategy 2008-2015 defined several objectives it will carry out in collaboration with 14 working groups. The strategy will cover various areas and aims to improve driver's education, starting at school level, re-design driving tests, improve the country's roads and the response of emergency units and boost traffic police action against infringing motorists.

But these plans were dealt a serious blow when it emerged that putting these ambitious plans into practice is easier said than done.

Traffic police in at least five districts, including the Greater Lisbon Metropolitan Area, have for the past month been unable to use their speed measuring radar guns due to the apparent lack of maintenance of the equipment.

The situation is reportedly because of the non-renewal of the contract between the GNR BT traffic police and the company maintaining these radars.

The current situation means that whenever these highly sensitive radar guns experience a mal-function, they are shelved awaiting repair by a company yet to be assigned the task.

While impossible to estimate, police are losing thousands of euros in revenue from fines they would be issuing had they been equipped with functional speed guns.

According to the daily *Público*, in districts that include Lisbon, Oporto, Beja, Leiria and Viseu, traffic police are using faulty radar in order to "deceive" motorists. "Radar units that are placed alongside roads or used in police cars are now only there to deceive motorists" a traffic police source was quoted as telling *Público*.

Police have so far refused to officially comment on this situation, which is said to stem from the re-shuffle of the former DGV road authority, which previously governed the maintenance of speed measuring equipment.

Following the shake-up at the DGV, which resulted in regional offices being closed and more than 140 employees assigned alternative jobs and responsibilities, hundreds of thousands of fines are now in limbo and could be scrapped totally.

Current estimates suggest that there are currently 300,000 fines pending at offices of the now defunct DGV.

The ANSR, which has now taken over the handling of traffic offences and fines, is currently embroiled in an action seeking to have these fines transported to their offices, a move declined by the Accounts Tribunal. The ANSR had agreed to pay a transport company €660,000 (excluding VAT) to move these fines to their offices, but the Tribunal ruled back in January that a public tender should have been issued.

The Government, arguing that no tender had been released due to the urgent nature of the transfer of the fines, as many were on the verge of passing the statute of limitations and could no longer be charged to drivers, insisted on not opening a public tender, though the Tribunal has so far stood its ground.

The Tribunal is arguing that the Government should have thought of issuing a public tender for the transfer of these fines prior to announcing the closing down of the DGV and hence had no legitimate claim to "urgency" in selecting a company without first requesting other quotations.

As it stands, drivers who committed traffic offences in 2005 and the start of 2006 are now not far from avoiding paying fines or face additional punitive measures such as having their licences suspended.

Portuguese for Beginners 119

Emília Rosendo

THIS LESSON: Collective Nouns

A **collective noun** is a singular noun that refers to a group of people, animals or things of the same sort, kind or type.

① ***Match the collective noun - on the left - with the correct group - on the right.***

1. a/uma multidão	**a)** árvores de fruto
2. o/um enxame	**b)** ovelhas, cabras
3. a/uma alcateia	**c)** bois, vacas
4. o/um cardume	**d)** abelhas
5. o/um rebanho	**e)** pessoas
6. a/uma equipa	**f)** estudantes
7. o/um pomar	**g)** lobos
8. a/uma cáfila	**h)** peixes
9. a/uma turma	**i)** camelos
10. o/um bando	**j)** atletas
11. a/uma manada	**k)** aves

② ***Complete the sentences which follow with the correct collective noun. Don't forget to insert the article 'o'/'a' or 'um'/'uma'.***

1. Os mergulhadores fotografaram _____ .

2. _____ voava graciosamente.

3. Antes do início do jogo, o treinador conversou calmamente com _____ e deu-lhe algumas palavras de encorajamento.

4. _____ finalista fez uma visita de estudo à histórica cidade de Évora.

5. _____ concentrou-se à entrada do parque onde pôde assistir à chegada dos músicos.

6. _____ do avô do Rui tem laranjeiras, pessegueiros, nespereiras e também alguns limoeiros.

7. É uma velha história sobre um pastor que, durante anos, guardou _____ no alto da montanha.

8. _____ picou um dos trabalhadores que reparou o telhado da velha casa.

9. _____ seguia muito lentamente pelas areias quentes do deserto, sem mostrar sinais de cansaço.

10. O agricultor afirma que _____ faminta atacou os animais da sua quinta, nomeadamente _____ .

Please send your completed exercises, with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at The Portugal News and I will send them back corrected. **The Portugal News - Apartado 13, 8401-901 Lagoa. Tel: 282 34 11 00.**

Oil and the Arctic

What connects oil at $135 a barrel with last month's discovery of huge cracks in the Ward Hunt ice shelf off Ellesmere Island at the top of Canada's Arctic archipelago? And what might connect those two things with a new, even Colder War?

Russian President Vladimir Putin (L) applauds after he decorated Russian State Duma member Artur Chilingarov (R), the leader of the 2007 Arctic deep-water expedition, with the Hero's Golden Star during governmental award ceremony in Moscow's Kremlin, 21 February 2008. Russian Arctic Expedition of Mir-1 and Mir-2 submersibles went down to the bottom of the Arctic Ocean 2 August 2007 and took specimens of ground and flora from the depth of 4,261 metres. EPA/SERGEI ILNITSKY

The cracks in the ice, further evidence that the ice cover on the Arctic Ocean is melting fast, were discovered by scientists tagging along with a Canadian army snowmobile expedition that was officially called a "sovereignty patrol." The army was showing the flag because Canada, like the other Arctic countries, suspects that valuable resources will become accessible there once the ice melts. And the most valuable of those resources are oil and gas.

The strongest evidence for accelerated melting is the fact that more and more of the Arctic sea ice is thin "first-year" ice. Only about a metre (three feet) thick, it spreads across the ocean each winter, but tends to melt the following summer.

Melting has taken big bites out of the edge of the much thicker "permanent" ice in most recent summers, and unless some of the "first-year" ice that replaces it lasts through the following winter, then the melting really is speeding up. So everybody is watching to see what happens this summer, explained Dr Jim Maslanik of the University of Colorado — Boulder.

"If we see all the first-year ice melt out again, then probably we will have another record reduction in ice cover," said Maslanik. "If we see this a couple of years running, that tells us...that we are about twenty or thirty years ahead of where we are supposed to be based on the climate models."

If we are heading for an Arctic Ocean that is mostly ice-free in the summer, then drilling for gas and oil beneath that ocean can soon begin. Hardly a week goes by without somebody pointing to the US Geological Survey's report that the Arctic basin contains a quarter of the world's undiscovered oil and gas. But the event that did most to trigger this new concern about sovereignty was Artur Chilingarov's publicity stunt last summer.

Chilingarov is a polar explorer of the old school (he was made a Hero of the Soviet Union in the old days for saving an ice-bound ship in Antarctica), but he is now deputy speaker of the Russian Duma (parliament) and Vladimir Putin's personal "envoy" to the Arctic. Last summer, he took a three-man submarine down to the bottom of the Arctic Ocean precisely at the North Pole, and planted a Russian flag in the seabed.

"The Arctic is Russian. We must prove the North Pole is an extension of the Russian landmass," he said afterwards, and affected surprise at the fact that other countries with an Arctic coastline saw this as a challenge to their sovereignty. Canada's Prime Minister Stephen Harper, for example, flew to the Arctic the following week, and subsequently announced that Canada would built six to eight new "ice-strengthened" warships for Arctic patrols.

The other three countries with Arctic coastlines, the United States (Alaska), Denmark (Greenland) and Norway, are equally suspicious of Russian intentions. The real issue is about who owns the rights to the seabed, and the Russian claim is pretty ambitious.

Moscow claims that the Lomonosov Ridge, the subsea mountain range that goes straight across the middle of the Arctic Ocean, is an extension of the Russian territorial shelf, and therefore belongs to Russia all the way to the North Pole. Alternatively, if the Law of the Sea tribunal does not ultimately accept that claim, Moscow may have an even broader claim in reserve.

In the early 20th century seven countries laid claim to parts of Antarctica on the basis of "sectors": pie-shaped slices running along lines of longitude (which converge at the poles). The width of those slices depended on where the various claimants owned territories near Antarctica, mostly islands in the Southern Ocean. Those claims are dormant because of a subsequent treaty banning economic development in Antarctica, but the precedent has not been forgotten.

By that precedent, Russia could lay claim to about half the Arctic Ocean on the basis of lines of longitude running from the far eastern and western ends of the country up to the North Pole — and in 1924 the old Soviet Union did precisely that. Nobody else accepted that claim then, and they wouldn't now if Russia raised it again. But Russia has the big Arctic ports and the nuclear-powered ice-breakers to make its claim stick, and nobody else does.

That is where the current panic comes from. It probably won't end up in a new Cold War, but it has certainly got the hens in the chicken coop all stirred up.

As is often the case with hens, they are over-reacting. Russia is in a more assertive mood than it was a decade ago, but there are no signs that it intends to pursue its claims by force. Moreover, there is no serious basis for the claim that a quarter of the world's undiscovered oil and gas reserves lie under the Arctic Ocean.

It always seemed implausible, given that the Arctic Ocean only accounts for slightly less than 3 percent of the Earth's surface, but in fact the US Geological Survey never said anything of the sort. Neither has any other authoritative source, yet this factoid has gained such currency that it even influences government policy. Isn't it interesting how readily people will believe something when they really want to?

Gwynne Dyer

Gwynne Dyer.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

His new book, "After Iraq", has just been published in London by Yale University Press.

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Yorkshire Linen, shopping made easy

Yorkshire Linen opened in December 2007 in a small beach village called Salema and over the months it has become "the busiest shop in town".

Karen and Ian Carfrae, Yorkshire Linen agents, but mostly known in the Algarve for their 'The Good Time Jazz Band', opened Yorkshire Linen after noticing that most bedding shops in the Algarve did not offer a good range of linen, so they came along and supplied the market with what was lacking, an affordable, good quality linen shop.

Being a franchise company with over 32 shops in Europe, Yorkshire Linen has thousands of varieties of sheets, at English prices, to accommodate to everyone's requirements.

Catering for both the resident and letting market, Yorkshire Linen have from budget to top of the range items with over 1,000 products for sale in the shop and new stock arriving every two to three weeks. Whether it is white bedding for property rental or something special for residents, such as lush Egyptian Cotton Bedding, quilted bed spreads or Egyptian cotton towels, Yorkshire Linen have it all. Sheets, mattress covers, bedspreads, duvets, pillows, shower curtains, curtains, tea towels, toppers and much more can be found at the shop to kit out a house completley.

All the sizes at the shop are UK sizes, but Karen said not to worry as they all fit Portuguese beds, whether it is a single, double, Queen or King Size.

Now is one of the busiest times of the year for them as many home owners are preparing their homes for summer lettings.

To take some weight off their shoulders, Yorkshire Linen can receive orders by email and deliver the items to the house, allowing the home owners to enjoy more free time in the Algarve. Now they also have cot and bed rentals as an addition to their handy shop.

As Yorkshire Linen's main priority is to give clients a good customer service, they have now put chairs in the shop for the 'not so enthusiastic shoppers, i.e. the husbands or partners.

The shop also sells Keysafe, storage boxes that can only be unlocked with a code. They are used to keep keys safe and available for people arriving at their property, only needing to know the code to get the keys.

Délia, Karen or Ian are at the shop all day, Monday to Saturday, between 10am and 5pm, staying open for lunch.

They offer trade discounts and have loyalty cards, accept all credit cards and will always greet you with a smile.

For more information please call 282 695 591 or email info@thekeysolutions.com. The general Yorkshire linen website is www.yorshirelinen.com.

Remax Lagos' Lurdes Martins keeps us posted

Lurdes Martins joined the Remax Lagos team in 2000, later becoming an individual Remax agent in 2006. Since 2006 she has won two consecutive annual awards, confirming her status as a leading real estate expert and accomplished salesperson. Here she gives an insight into the current state of the market.

According to Lurdes, now is the time to buy.

"The market at present is not at all good for sellers, but is the best it has been for a long time for buyers", says Lurdes, who believes this phenomenon is mainly due to the dramatic fall of the UK pound, which is not at all favouring real estate sales.

Despite prices coming down, in Lagos and indeed the Algarve, the change in prices has not, as yet, been felt in full.

Whilst property in Lagos (one of Portugal's top three most expensive regions to buy, along with Lisbon and Loulé) is not noticeably cheaper, Lurdes encourages that now is still an optimal time to invest.

Lagos's Meia Praia area is, in fact, one of the region's most promising hot spots, with a range of new infrastructures, including five star resorts and exclusive boutique hotels, in the planning. These new developments are expected to elevate the as yet untouched area to one of the Algarve's most luxurious stretches of coastline and offers exciting investment opportunities.

Opting to negotiate real estate transactions through a globally-established franchise such as Remax has numerous benefits; an acclaimed name, recognised work ethics, the back-up of international expertise and bureaucratic assistance, for which Remax prides themselves.

At present there are 3,200 Remax agents in Portugal and 200 branches.

The company's goal is, by 2010, open another 100 branches and have a workforce of 6,000. Of the current agents, Lurdes Martins is one of only 57 nationwide to have scooped the Remax 'Club 100%' award; a distinction given to agents who achieved annual commissions of over €150,000. It is the second consecutive year that Lurdes took this title, an award that is the equivalent of an Olympic silver medal, placing her amongst Portugal's top 30 agents.

Though her main goal is still to 'go for gold', continuing an excellent service and offering the best possible advice (in English, Portuguese, and French), are Lurdes' everyday priorities. For more information, contact Lurdes Martins at Remax Lagos on: (+351) 967 449 203, or e-mail: mgmartins@remax.pt. Alternatively, see website: www.remax.pt.

Planet Sofa & Abode Furniture, making life more comfortable

Are you considering an interior 'revamp' but don't have the time to go scouring the shops? Do you have a property to furnish, but don't know where to start? Looking for one particular item? Why not look at Planet Sofa & Abode Furniture's brand new website, where you can handpick from complete furniture packages, to individual pieces from a huge range, get free quotes at outstanding discounted prices before you buy, and all from the comfort of your own living room (or study, workplace...)

Alternatively, browse through Adobe Furniture's pre-set packages, leaving you with even less to do except enjoy your new living environment.

With items and packages for all budgets Planet Sofa has everything to completely equip a home, whether that be a rental property or a luxury villa.

Fully comprehensive and user-friendly, their new website is in fact fun to browse through. Online shoppers can place their items of choice in a 'shopping basket' before requesting a free quote on the overall end selection. This quote is calculated at the most heavily discounted price possible.

Still 'Big on Beds', Planet Sofa has a brand new showroom totally dedicate to leading international bed brands, comprising mattresses from names such as Sealy, Silent Night, The Pocket Spring Bed Company, and leading orthopaedic specialists Tempur.

A large range of UK-size linen is also available in stock to complete the bedroom set-up.

Since its founding only three years ago, Planet Sofa & Abode Furniture has flourished. Having developed from beds and sofas to complete furniture packages for both indoors and out.

More exciting new developments are soon to take place, the biggest of which is a new UK-based showroom, opening next month.

Ideal for those who would like to furnish their Portuguese property but don't have the availability to visit Portugal, it is excellently located in Stoke-On-Trent, a few minutes off the M6 Motorway.

This 4,500 square foot showroom will be a replica of its Algarve-based counterpart, and looks set to be just as successful.

However, Planet Sofa & Abode Furniture is still very much a retail shop and prides itself on its personalised in-house service. A complimentary refreshment area provides clients with courtesy drinks to make their shopping even more enjoyable.

Delivery is now available all over Portugal and Spain.

Now coming up to their third anniversary, in June, it certainly seems that Planet Sofa & Abode Furniture has a lot to celebrate! For more information, directions or opening hours, see website: www.planetsofa-algarve.com, phone: (+351) 282 762 070, mobile: 916 875 003, or e-mail: info@planetsofa-algarve. com.

SOS Sky Digital update

Following recent news about the imminent arrival of freesat TV, which may be causing some confusion, SOS Sky Digital, one of the Algarve's leading SKY installation companies, contacted their official UK agent to clarify the differences regarding Sky FTV (Free To View) satellite TV, versus 'freesat' TV.

According to SOS Sky Digital, freesat from BBC/ITV is an alternative to Sky freesat, but in many ways very similar in the channels it offers.

Freesat offers programmes such as BBC, ITV, Channel 4, More4 and E4, which are also available on sky freesat.

Channel 5 is not available on freesat, but is on Sky freesat.

So far there are reportedly no plans for Channel 5 to go onto non-Sky freesat in the near future. Recording devices will be similar to those of Sky plus, but without subscription, will most likely be available later in the year.

High definition (HD) freesat receivers will also be coming on to the market in the coming months. There are some new freesat HD channels coming shortly from BBC/ITV.

A Sky HD receiver will also pick these up.

Freesat is broadcast from the Astra 2 satellite, just as it is at present, and there are, so far, no plans to widen the footprint (in fact there is an obligation to restrict the channels to UK viewers).

It is not known how good the tuners are in the new freesat boxes, or whether they will work in Portugal, Spain, etc.

Rumours that freesat can be received with a small dish in Spain and Portugal are not true. Freesat is being given a soft launch now, giving them time to iron out any software bugs or hardware problems in time for the proper launch in November.

SOS's best advice would be for ex-pats to avoid freesat until more is known about it.

Viewers with standard definition TV will be better off with sky freesat as they will get Channel 5.

Viewers with a HD TV would be better off with a Sky HD box (with or without subscription) as they will receive the free HD channels and Channel 5 and always have the facility to upgrade to get more HD channels. There is no need to worry as there are no problems with Sky apart from the signal, which with a 1.4 aluminium dish we can guarantee all day and night.

You can continue to enjoy all your favourite channels with the option to upgrade to more channels when purchasing a new box, which freesat does not give you.

SOS Sky Digital only use the best quality equipment to ensure your viewing pleasure without any shortcuts or added extras. SOS Sky Digital is always available for advice, because their commitment to customer service, quality products and worry-free installations means excellent value for money and guarantees client satisfaction.

For more information, contact SOS Sky Digital on: mobile (+351) 916 378 722, email: sosskydigital@ msn.com, or, alternatively, see website: www.sossky digital. com.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal* News • 31 May 2008

PROPERTY OF THE WEEK

A fabulous four-bedroom family home, Lagoa

Located near the petrol station roundabout in Lagoa, this four bedroom property is situated in a peaceful urbanisation, though still within walking distance to all amenities Lagoa has to offer, as well as the picturesque fisherman's village of Carvoeiro, its beaches and renowned golf courses.

The last house of the Covas de Areia urbanisation is a 234-square-metre property, split over three floors.

The entrance, on the right hand side of the front of the house, opens into a corridor that leads to the remainder of the ground-floor level.

At the end of the corridor is a guest cloakroom, tiled and fitted with a toilet and basin.

Left at the end of the corridor and left again is a fully fitted kitchen with a large granite worktop reaching the far end.

It is of moderate size with twin sinks, a gas hob, wooden storage cupboards and a patio door that opens onto the front of the house.

Second left is a converted garage. Of considerable proportions, it could easily be used for several purposes, such as a music room, a home gym, or anything that might take one's fancy.

This room also has large mirrored double windows that too lead to the front of the property.

Opposite the kitchen is a living/dining room with a wood burning fire, two sets of mirrored, double glazed, double windows to keep the house cool during the summer that lead to an outdoor garden area, hidden round the corner is an office area with fitted shelves and a desk.

A three way system provides air conditioning, heating and a dehumidifier to the whole room.

Outside is a partially covered, south facing outdoor area with a built-in seat along the left side wall with storage space underneath.

There is a small, open patio, with *ladrilha* floor tiles.

Surrounded by fruit trees and with a splendid view onto the farm behind, it is ideal for a barbeque and dining table.

Between the kitchen and the sitting room is the staircase, with storage space beneath, that leads to an upstairs bedroom section.

Reaching upstairs, straight ahead there is a tiled bathroom with a walk in shower and a skylight to take in all the natural light.

To the left of the bathroom is a storage closet for towels and linen.

All rooms have built in wardrobes and the previously mentioned three way system.

The first bedroom, to the right, is the largest with an ensuite bathroom, fitted with a skylight as well, and a small connecting balcony with the other north facing room.

This room has a tinted/tilt window system to allow fresh air to come in without compromising security.

The two south-facing bedrooms share a large terrace, illuminated by sunlight practically all day long.

The huge roof terrace has a laundry room and is equipped with solar panels .

This terrace covers the whole floor area of the house. The property is located right next to the Municipal Gardens and is very close to some very nice traditional Portuguese restaurants.

The property is valued at €350,000, but selling for €330,000 for a quicker sale. Furniture is not included.

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Neighbourhood Tavira
Spacious 2 bedroom apartment, as good as new, situated on the 2nd floor, w/ lift, conveniently situated 5 min. from Tavira, 5 min. to Cabanas / beach, & various golf-courses. South facing terrace plus separate large north facing terrace. Prepared for air conditioning.
EA 055 ATAV – €115.000

Pedras da Rainha, Cabanas de Tavira
Charming 1 bedroom maisonette (51,60 m2) w/ A/c, covered terrace & roof terrace (21.10 m2) overlooking sw. pool area of charming holiday complex w/ reception, access to sw. pools, tennis courts, transfer w/ boat to beach, within walking distance to Cabanas / beach. To be sold furnished & equipped.
EA 056 MCAB – €130.000

Neighbourhood Azinhal
2 bedroom house (92.60 m2) w/ solar panels, A/c in bedrooms, large covered terrace (44 m2) & easily maintained paved garden area (60 m2), workshop in basement, roof terrace w/ lovely views, within walking distance to village, 15 mins. to Vila Real (border town to Spain), various beaches and golf courses.
EA 043 HNAZ – €167.500

Neighbourhood of Praia Verde
3 bedroom villa (200 m2), with central heating, swimming pool, garage, roof terrace, solar panels, central heating, large unfinished basement, garden area of 207 m2, situated in a small village, 2 kms from the beautiful Praia Verde beach, 15 driving min. to Tavira.
EA 057 VPV – €340.000

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2 bedroom house in need of complete modernization, with glassed in conservatory, swimming pool, garage and roof terrace, surrounded by beautiful garden with 3.750 m2 of land, situated 10 min. to Santo Estevão & 8 kms to Tavira.
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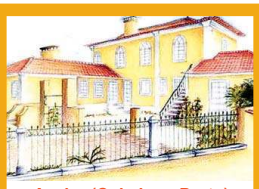

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Beautiful 3 Bedroom / 3 Bathroom detached villa offering a sunny terrace with private swimming pool, located within a few minutes walk of the Old Village and its amenities. The villa is sold 'Fully Furnished' and is an ideal holiday home.

Price: **€ 495,000**

Vilamoura – "Old Village"
3 Bedroom townhouse located at the Old Village. This house offers a nice lounge/dining room with wood-burning fireplace and has a nice roof terrace with golf and seaviews.

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VILAMOURA
Ref.V71965
4 bedroom detached villa in a cul-de-sac, quiet residential area, 15 min walk from Vilamoura centre. 750sqm plot w/ 330sqm constr. area. Spacious living w/ fireplace. 4 en suite bedrooms. Fully fitted kitchen. Office. Finished to high standard. Garden w/ pool & a lovely BBQ area. Alarm sys. Pre-installed for A/c. Brand new. Investment opportunity.

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Ref. A82158
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Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an upmarket residential area. Construction size approx: 480 incl. basement with garage, plot 1377m2, built in 2006.
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Vilamoura
One bedroom apartment composed of bathroom, lounge with fireplace, kitchen and terrace. Furnished and equipped. Communal swimming pool and garden area. Construction area - 65 sq.m.
Ref: A1244 Price: € 130,000

Vilamoura
Attractive two bedroom apartment composed of 2 bathrooms, lounge with dining area, kitchen and terraces. Furnished and equipped. Communal swimming pool and garden area. Construction area - 119 sq.m.
Ref: A1234 Price: € 340,000

Vilamoura
Spacious semi detached villa composed of 4 bedrooms, 5 bathrooms, lounge, dining area, kitchen, wine cellar, terraces, basement and garage. Swimming pool and garden. Plot area - 490 sq.m. Construction area - 220 sq.m.
Ref: V12558 Price: € 660,000

Vilamoura
Villa situated in front of golf course composed of 4 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, laundry room, storage, barbecue, roof terraces & various terraces. Sw. pool & garden. Plot area - 814 sq.m. Constr. area - 256 sq.m.
Ref: V12560 Price: € 1,250,000

Vilamoura
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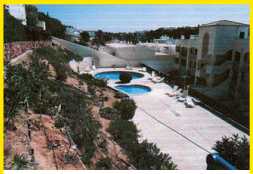

Carvoeiro central
Top floor apartment close to Carvoeiro beach w/ large communal sw. pool, elevator, ample parking. 2 bedrooms w/ wardrobes, lounge / dining area w/ wood burner, fully equipped kitchen, modern bathroom, large roof terrace w/ seaview. Very good investment.
Ref: A-235 Price: € 175,000

Salicos
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Ref: A-237 Price: € 250,000

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Ref: V-351 Price: € 269,000

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Ref: V-349 Price: € 450,000

Carvoeiro
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Make Bazaar style work for you

Snobs and fashion divas might find this challenging but there's no need to worry about matching, or rigid formality. Joanna says: "It's all about colour, richness and diversity. The only rule is 'if you like it, show it.' It could bring your rooms alive and let your real personality and taste shine through."

First step, think creatively. Anything goes from vintage to retro, recycled to restored. But Joanna cautions that while bazaar style is about the mix, it's not a design free-for-all. "Aim for visual variety, not visual chaos," she advises. "Strong colours should be tempered by neutral tones, and pockets of display should be balanced by an unadorned space. It's all about balance.

"Don't forget to put something unexpected into the mix - an oversized accessory or something a little quirky."

Find the beauty

Remember to look beyond shabby appearances to see an item's potential. As Joanna says: "That way, you will have the pick of the pieces that others overlook. Wonky hinges and missing knobs can be replaced on wardrobes, cupboards and cabinets.

"A dreary armchair can look outstanding when newly-covered with a retro fabric or plush velour and bright paint can disguise the unexciting shape of a wooden bookshelf or chest of drawers."

She advises looking for versatile storage such as baskets, glass-fronted cabinets, shelves, wooden fruit or wine crates, ex-shop furniture, trolleys and hooks. Use them to store everything from towels to teacups, clothes to crockery.

Something to sing about!

The May International Algarve Fair at Fatacil Lagoa was the most successful to date.

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They enjoyed the cars, bikes, pet shop and various beauty treatments. Most said they just enjoyed everything and there were many comments about the atmosphere, the friendliness and warmth of the people.

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Favourite treasures

There's no need to hide away possessions with this look. Hang up beautiful vintage dresses, blouses and skirts on a wall. Pin up a throw, patchwork or gorgeous blanket, or even make your own mural.

Joanna says: "Display is at the heart of bazaar style. A collection of jewellery could be displayed on a tailor's dummy, pretty shoes could line a shelf, a collection of evening bags found in markets could decorate a wall.

"Don't let a display stagnate. Remember to add to it, move its components around or swap with pieces from another room. Rearranging a collection is the fastest way of giving a room a facelift."

Collectables bring an instant lift to any room. In a kitchen old pickle jars and pop bottles, painted flasks or biscuit tins can look lovely grouped together.

Don't forget to have bazaar-style radar on when you're abroad on holiday. The quality and variety of contemporary homeware overseas can be high and add freshness to a display.

Fun with fabrics

The Bazaar look often incorporates textiles into a room just for the sheer joy of having them there. They needn't serve a practical purpose.

Joanna says: "There are no rules to displaying textiles, only guidelines. Try layering them, so that garish prints don't dominate. Top a wildly-printed bed sheet with a faded quilt to tame it. You still get to enjoy the lively pattern but it won't walk all over your bedroom.

"Remember to mix in plenty of texture too. A room that invites you to reach out and touch it is more relaxing and welcoming than one that simply looks great. Put a silk cushion next to a mohair one, a fake fur throw next to cotton."

If you find a delicious swatch of old fabric or a lovely old curtain, hang it against a wall as a tactile artwork or across a doorway as a partition, she suggests. Tack lengths of lace or strips of patterned fabric above a window or along a tabletop edge. Pin a collection of handkerchiefs or napkins to a wall or door.

Get the look

Generally Bazaar-style rooms feature furniture that's seen a bit of life and has the personality to prove it.

Joanna says: "The joy of buying second hand is that you have so much choice. There's an exciting surprise element as you cannot predict what will take your fancy, from a French wrought-iron daybed to a slim Seventies' sideboard."

Everything doesn't have to come from the same design period - mix it up. Sit clean-lined, retro-style design classics from the 1950s and 60s next to heavily-ornate and decorated baroque pieces.

Joanna suggests thinking outside the box. Using everyday objects for a different purpose can give them a whole new lease of life. For instance, a hospital trolley can work as a side table, a department store display cabinet can be a cavernous chest of drawers, an old tea chest can become a TV stand.

Go bargain hunting

Joanna says: "This is a look that appeals to magpies who have an eye for a hidden gem on a market stall or a second hand shop, so it's ideal for collectors, whether your taste is for pictures, crockery, mirrors or books."

Junk shops, house clearance sales and flea markets are good sources of second hand furniture. Internet auction sites such as eBay are also worth visiting but Joanna warns: "Check the measurements of any item carefully before you bid. It's easy to get carried away, only to bid successfully on a piece that will not fit anywhere in your home. Weigh up delivery and transport costs too; you may be able to afford something more expensive if it's local."

Car boot sales are an ideal hunting ground, and it's easy to track down your nearest one.

Don't ignore reclamation yards which have architectural salvage and are particularly good for sourcing items such old fireplaces. Visit www.salvo.co.uk

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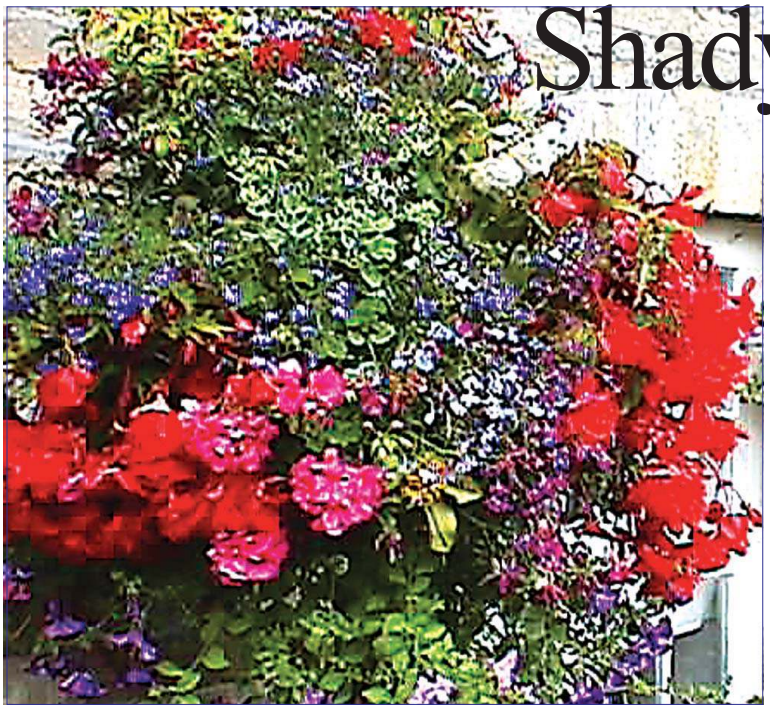

Shady customers

Hanging baskets are a sure-fire way of adding a mass of colour and texture to the outside of your home - but what if your patio is north-facing? How are you going to make a dull shady area sizzle with colour?

Many gardeners avoid placing hanging baskets in shade, but there are some plants that will do well without direct sun and still provide a splash of colour where it is needed.

The most obvious bedding plants which can withstand shade are Busy Lizzies, which you can plant successfully in wire hanging baskets, planted not just on the surface of the basket but also in slits in the liner around the sides. Trailing varieties of Busy Lizzies including 'Spellbound' are now available, to provide your shady spot with a ball of colour all summer.

Alternatively, if you want an ideal specimen in the centre of your basket go for one of the New Guinea Busy Lizzies, which are larger and more leafy but produce fantastic blooms in a wealth of colours.

But while most bedding requires some direct sunlight, you can create wonderful hanging baskets from plants which provide contrasting foliage and texture. Mix leafy plants including begonias and hostas with spiky grasses and flowing ferns for an eye-catching contrast.

There are some fuchsias which will do well in the shade, including F. 'Eva Boerg', whose trailing stems of deep rose-coloured flowers cascade beautifully over a large pot, or the popular 'Swingtime', which is ideal for a hanging basket, producing large red and white flowers.

Some heuchera are also perfect for adding dramatic leaf contrast to a basket. H. 'Color Dream', for instance, has scalloped leaves patterned with purple and in the summer the leaves develop a red edge. It likes some cool shade and its silvery sheen adds lustre to a dull scene.

One of my hanging baskets is in shade at the front of my house and I find that bacopa works well as a trailing filler, its white flowers contrasting well with the daisy-like lilac flowers of brachyscome.

Whatever you choose, remember that hanging baskets can dry out easily in shade, just as they do in sun. Make sure when planting that you add water-retaining granules and slow-release fertiliser to the compost and choose a liner that's going to retain the moisture well, such as an old woolly jumper. While moss looks natural, it doesn't do much for retaining water.

There have been times when I've just used polythene, with holes cut around the sides for drainage but not at the bottom. It doesn't look pretty at first, but once the plants have taken hold, you can't see it anyway.

You will still find that in the height of summer you will have to water the basket on a daily basis (maybe even twice a day), whether in sun or shade.

For the moment, plant up the baskets by balancing the basket on top of a bucket, so you can move the basket around and plant up the sides without it toppling and damaging the plants.

Hannah Stephenson

Three ways to ...

Plan a new garden layout

1. Draw a plan of the existing plot, using graph or squared paper, plotting the outline of the house and the furthest corners of the plot first, checking measurements from one fixed point to another.

2. Mark any existing features, which you want to keep, such as trees, shrubs and existing buildings.

3. Lay tracing paper over the original plan to experiment with your own ideas for a new layout, visualising what it will look like from the main viewpoints. Clean lines and simple shapes always work best. Keep it simple. The plants will soften the harder lines of the plan.

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These simple steps will transform your kitchen for a fraction of the cost of a new one.

An obvious starting point is the walls. If you have shabby paintwork, it pays to tidy it up. Hopefully, you'll still have some of the original paint left, in which case just give it a really good stir and apply it, though be prepared for the paint on the walls to have faded. If so, you need to repaint the whole room (unless the damage is in an inconspicuous place) using specialist kitchen and bathroom paint, which is moisture resistant and easy to wipe clean. If you're selling your home, stick to neutral colours.

If not, anything goes, though dark colours do nothing to improve small or dingy rooms. And don't forget to spruce up the woodwork as well: white is usually best.

Now look at the tiles - do they need freshening up? The most common problem is discoloured or mouldy grout. Try using a dedicated grout cleaner or sugar-soap spray (a great cleaning agent), but if this doesn't work, you need a grout pen (you can also get tiny brush applicators), which basically paints the grout and makes it look all fresh and new again. It's a little tricky perfecting a neat finish, so start in an inconspicuous place.

If some of the tiles are chipped or broken, carefully prize them out using a chisel or by drilling a hole in the middle, then scrape the adhesive off the wall and lay new tiles, providing you've got or can get some the same. Retiling the whole room, if necessary, is a much bigger job, but still well within the grasp of many DIYers.

You may prefer to paint the tiles. To do so, clean them thoroughly with sugar soap or dedicated tile cleaner, rinse with clean water and allow to dry. Next, paint on a specialist tile primer and when that's dry, the topcoat (doing as many coats as the manufacturer recommends in both cases). For a neat, smooth finish, use a gloss roller (small and foam) rather than a paintbrush, which will leave brush marks.

The trouble with tile paint is that the tiles look a bit odd because the grout is painted too, though you could try using a grout pen on it afterwards, or using white tile paint so the tiles and grout naturally merge.

If you have plain tiles that you want to jazz up, or a few unattractive ones that you want to cover up, how about tile transfers? These are inexpensive and easy to apply.

Floors take quite a battering in the kitchen, and lino floors can easily become torn and tatty, which isn't a good look. While it's perfectly possible to fit a new piece yourself, if you don't feel confident about doing it, get a professional in instead.

If you do decide to have a go yourself, trim the lino just bigger than you need and then carefully cut it to fit exactly, using templates to negotiate awkward shapes where necessary. How the hard job is will depend on the shape and size of your kitchen.

A crucial part of any kitchen is the units - if these aren't right, nothing will look right. If you've got dated doors but the carcases are sound, particularly if you're happy with the layout of the room, changing their appearance is easy.

One option is to replace the doors. Some DIY stores sell doors separately and so do specialist replacement door companies - look on the internet or in the weekend supplements for these. If you've got a lot of units and drawers, the cost of new doors can soon add up, though they're cheaper than buying new units and, after all, what's the point of throwing out perfectly good carcases?

A cheaper option may be to make replacement doors out of MDF and paint them yourself. You could also get a carpenter to do this, though you'd have to work out if it's cost-effective.

If you can't afford to change the doors, you'll have to work with the ones you've got. Changing the handles can make a big difference or, better still, changing the handles and painting the doors. You may think that your doors aren't suitable for painting, but most surfaces can be painted, including melamine, providing you use the right primer.

To paint the doors (either in situ or removing them first), clean them thoroughly, sand them to take off any glossiness and provide a 'key' for the paint (so it adheres better), wipe clean and, once dry, apply the primer, then the topcoat (once the primer's completely dry). If you're using a brush, sand with fine sandpaper between coats to minimise any brush marks and wipe down afterwards. This shouldn't be necessary if you use a gloss roller, which is a far better option.

When choosing a topcoat, check out the specialist kitchen cupboard and melamine paint ranges, though most eggshells, satinwoods and glosses (preferably a quick-drying one) will do. The main problem with painted units is that they tend to chip, as the doors are repeatedly opened and closed. If you're worried about this, keep the side edges paint free, or use one of the paints that are several times tougher than conventional ones, which most paint manufacturers now make.

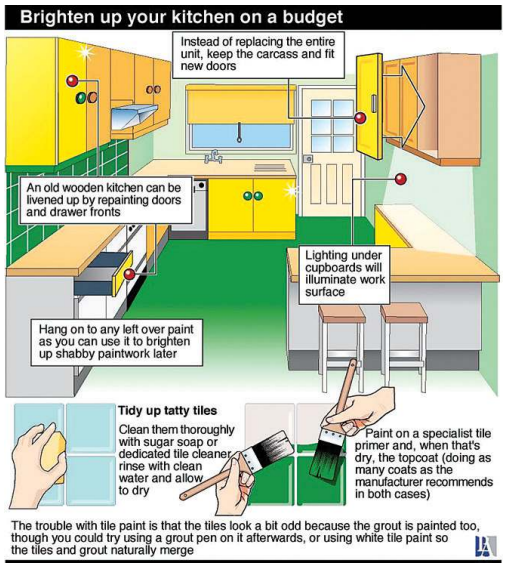
When it comes to kitchens, tough, hardwearing surfaces are always good news - providing they look good too.

Julia Gray

Seasonal Tasks...

Lighter evenings are great for DIY because you see so much more in natural light than artificial light. Ideal jobs for light evenings are finishing painting, touching up paintwork and perfecting the finish of a job.

Messy DIY jobs, such as sanding, planing and sawing, or ones that create toxic fumes, such as chemical paint stripping, should be done outside whenever possible. DIYing doesn't mean that you have to miss out on any sunshine.



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Quinta dos Vales' wine and sculpture

Quinta dos Vales, a recently renovated vineyard in Estômbar, is producing a new range of wines that are set to deliver a high quality, exclusive drink while forming a unique partnership with regional sculptural art.

Karl Heinz Stock, a successful real estate developer in Russia, sold the last shares of his business ST/STT to transform his money made from his "Russian Days" into a new, calmer lifestyle, where he can spend quality time with his family as well as improve his passion for sculptural art and fine wine.

He recently acquired a massive 500,000 square metre property which has been subject to numerous renovations.

Quinta dos Vales' aim is to simultaneously provide a unique experience for families, wine aficionados, artists and holiday makers.

Once complete, the development will consist of private self-contained villas for both long and short term rentals, offering an idyllic retreat to those looking for a relaxing break and/or to improve their wine expertise.

To ensure his ambitions are realised through his wine, Karl Heinz replaced all of the management and the technical equipment, as well as hiring a reputable oenologist to ensure the quality of wine produced is of the highest standard.

"The climate and quality of soil in the central Algarve are perfect for production of high quality wine" says Karl Heinz.

"Over the years wine producers have been betting on higher quantities for production, thus losing a bit of quality in the process", he adds.

But Quinta dos Vales provides wine with a difference.

All of the grapes used for production are carefully chosen from a conveyor belt to ensure the best quality grapes are used.

Besides scrutinising the grapes, the equipment used is of the highest technological standards available, allowing the production line to function with only one person working whilst still being able to maintain a strict control.

Quinta dos Vales will be producing four wine varieties; a red, a red reserve, a white and a rosé wine, all originated from the harvest of grapes from Touriga Nacional, Cabernet Sauvignon, Aragonez and Arinto vines.

The reserve is matured in oak barrels imported directly from France, giving the wine a full bodied wood flavour.

As some artists have been heard arguing, fine wine and good art, work hand in hand, so Karl Heinz's passion for art, which started in the mid 80's, is illustrated on the label of the wine, by one of the pieces created by his team of sculptors.

Karl Heinz has grouped several artists to produce a number of provocative and outstanding new sculptures, located mainly in the sculpture garden but more can be found spread across the land.

Using several different materials for sculpting, from stone, wood, glass fibre to polyester, the team has been able to produce much larger sculptures, some reaching five metres in height.

Creating these large figures demands a lot of input and time, besides talent, and several sculptors are required to carry out the task.

Realising that art and agriculture alone would not sustain the vineyard, Karl Heinz decided to add tourist residencies and attractions.

On the 125 acres of land there are five newly renovated apartments available for rentals and there is also a large seven bedroom house that can accommodate fourteen people.

In terms of amenities, little lacks in Quinta dos Vales; there are two swimming pools, two saunas (one located in an ancient moor well 40 metres underground), a tennis court and an animal zoo! A total of 120,000 square metres of the land are reserved for animals in fenced areas, with black pigs, wild boar, sheep, horses, ponies, ducks, geese, deer and soon they will have lamas and kangaroos.

Quinta dos Vales is ideally located close to top-rated golf courses and is only 10 minutes from the sea.

Motor yacht, sailing yacht and jet-ski rentals are also available.

Quinta dos Vales will be having wine tasting tours and is open to public from July 2nd for people to experience the sculpture park, wine tasting and the animal zoo.

It will be open on Tuesdays and Wednesdays from 14h00 to 18h00 and wine tasting will take place in the classy wine tasting room between 14h00 and 16h00.

For more information on Quinta dos Vales, visit the website www.quintadosvales.eu, the farm is located at Sítio dos Vales in Estômbar.

Experience Quinta dos Vales

- Wine Tasting
- Sculpture Park
- Animal Park
- Demonstration of Winery
- Excursions of Farm Life, Vegetation and Wine Planting
- Sculptors at Work / Sculptor Courses (from late 2008)
- Fruit Picking during the Season
- Picnic Areas
- Meeting Facilities and Celebrations in *Sala de Prova*

Wine Tasting

We have two unique wine tasting rooms plus large terraces which can accommodate easily 80 – 100 people.

The modern wine tasting room (Sala de Prova) has exhibitions for smaller sculptures and paintings. It can accommodate groups of up to 80 people and is equipped with a kitchen (for smaller snacks) and Multimedia equipment.

The more rustic wine tasting room is within the area of the old winery. This room is dedicated for smaller groups of up to 20 people. Our Reserva wine is ripening in this temperature controlled room in French oak barrels.

Viewing by appointment or Tuesdays and Thursdays from 2 to 4 pm. Costing €19,50 (€24,50 incl. small snack of mainly farm grown products) per person and includes

- **wine tasting of our Selected White, Red and Rose 2007**
- **snack (farm grown products)**
- **free entrance to our Sculpture Park and Animal Area**

On request we can offer exclusive wine tasting with our Reserva and also with wines from other regions. Prices to be calculated separately.

It's time for salad days

Celebrate the return of the salad season as Harry Eastwood and Sophie Michell, two fab foodies from Channel 4 show Cook Yourself Thin, give us their top tips and we suggest two delicious recipes.

Alfresco dining and stress-free salads are the perfect way to say, 'Hello, Summer!' Celebrate the start of the season by lifting your big salad bowl out of the cupboard and creating your own delicious recipes.

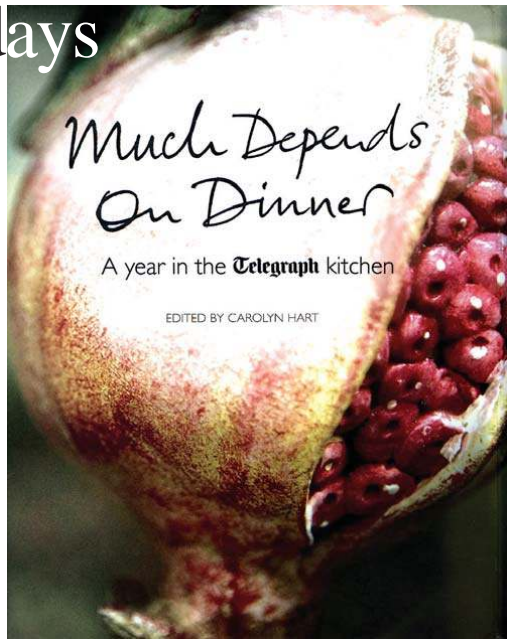
Harry Eastwood and Sophie Michell, the two fab foodies from Channel 4 show Cook Yourself Thin, have launched a competition to find The Great British Salad.

"The French have the Nicoise, the Americans have the Waldorf and the Mexicans have the Caesar," says Sophie. "It's about time we Brits celebrated our tremendous variety of fresh produce and cooking creativity and invented The Great British Salad. For too long, people all over the country have been serving up shredded iceberg, half a cucumber and a bit of tomato to their families.

"But there's simply no excuse for this boring dish when you have such a fantastic range of salad leaves and local ingredients available to you."

"The key to a great salad," says Harry, "is fresh, quality produce and not being afraid to mix and match flavours and textures. Salad bags are a convenient way to experiment due to their unusual mixes of leaf varieties, which you can't often find on the high street. I always have a bag in my fridge. They're one of the freshest products you can buy and are great for throwing together a really quick, healthy, delicious meal."

Sam Wylie-Harris



To get you in the mood for salad days, we've selected the following two recipes from the summer section of a new book, Much Depends on Dinner, A Year in the Telegraph Kitchen [Simon & Schuster, £20 (€25)].

Celery, crayfish and potato salad

(Serves 4)

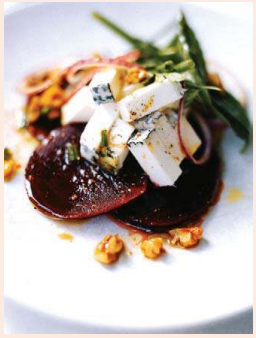
Both traditionally-grown celery and crayfish have a dependence on clean water, and the two go well together in this variation of Jane Grigson's salad of celery, mussels and potato.

600g new potatoes
300g celery sticks
200g freshwater crayfish, cooked and shelled
4tbsp extra-virgin olive oil
Juice of 1 lemon
black pepper
Maldon salt flakes Leaves from 2 sprigs flatleaf parsley
2 boiled eggs

Put the potatoes in a pan of water and bring to the boil. Cook until the point of a knife will slip in with just a little resistance. Remove from the heat, drain and immediately flush with cold water to prevent further cooking. Allow to cool and then cut into slices half a centimetre thick. Put in a large bowl.

Pull any touch strings from the celery stalks, and wash off any dirt. Slice them thinly, across the grain, then rinse and pat dry. Add the celery and crayfish to the bowl and toss together with the olive oil, lemon juice, parsley, some freshly ground black pepper and a pinch of Maldon salt flakes. Serve topped with half a boiled egg, and decorate with a few celery leaves.

Fresh goat's cheese and beetroot salad with red wine vinegar & walnut vinaigrette



(Serves two)

José Manuel Pizarro, chef at Tapas Brindisa in London, makes a wonderful goat's cheese and young beetroot salad with Monte Enebro, a new Spanish cheese made by Rafael Baez from Madrid. Baez signed on to an artisan cheesemaking course at the age of 63 and surprisingly, in the conservative world of Spanish cheese, Monte Enebro has won much acclaim and was voted best goat's cheese in Spain in 2003. You can buy Monte Enebro from www.brindisa.com

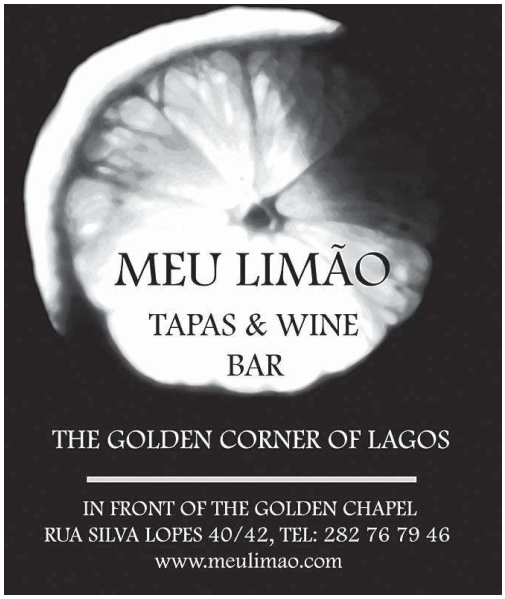
1 large whole raw beetroot, or 2 small ones
1tsp olive oil for roasting the beetroot
1 slice of goat's cheese (about 80g)
1 small red onion, very thinly sliced
1 handful of mint, chervil and basil sprigs
2tbsp walnut halves, dry-roasted in a pan
3tbsp extra-virgin olive oil
2tbsp red wine vinegar, preferably cabernet sauvignon
freshly ground black pepper and sea salt

Preheat the oven to 200C/Gas Mark 6. Wash the beetroot, but do not trim off the point or stalk or it will 'bleed' as it cooks. Rub with a little olive oil and cover with foil. Place in the oven for 30 minutes then remove the foil. Roast for a further 10 to 15 minutes until tender when pierced with a knife (reduce the cooking time by 10 minutes if using small beetroot). Set aside to cool.

Cut the cheese into 2 x 1cm sticks. Slice the beetroot and divide between two plates. Put the cheese, onion, herbs, walnuts, extra-virgin olive oil and vinegar in a bowl and mix gently, but well. Put equal amounts on to the plate with the beetroot, season with sea salt, grind over some black pepper and serve.

O Meu Limão Tapas & Wine Bar is located just in front of the Golden Chapel in a quiet, tree-lined, pedestrian square in Lagos. Your host José welcomes you to his eatery, offering a good breakfast menu as well as tapas and fullsize dishes. Food is served all day from 9.30am to 2am. The Portuguese and international dishes are all freshly prepared by the Portuguese chef, who has world wide experience, all are reasonably priced. Vegetarians have not been forgotten and they have an excellent wine list. Situated in an ancient building, it has a light and airy Mediterranean ambience, which is enhanced by the blue and white tiles. You can choose to eat inside or outside and just relax and watch the world go by.

Pashmina - Your host, Raman Bhasin has brought the finest Indian food to Praia da Luz. Situated in Avenida do Pescadores, just below the Church and next to a car park, it has glorious sea views from its terrace. Serving authentic Indian food, the interior decor is subdued and relaxing, and the prices offer value for money. There are both takeaway and children's menus, and a fine range of wines. The helpful staff will be happy to book your table to avoid dissapointment.



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TANDOORI-INDIAN RESTAURANT

Open 12h00 - 14h30 & 18h00 - 23h00
Sea views on terrace
Take Away Service
Avenida dos Pescadores, Lote 3, Praia da Luz
(Next to the church)
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Restaurant guide

ALMANCIL

Bistro des Z'Artes
International Menu
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Rua Calvario, 69, Almancil
Tel: 289 395 114 / 967 785 601

Shanghai Restaurant
Delicious dishes from Shanghai
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Rua do Comèrcio, 94 R/c, Almancil
Tel: 289 397 642

The Battering Plaice
British Fish & Chips
Open: Mon-Sat 12.00-14.30 & 17.00-22.30. Sundays 18.00 - 21.00
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Tel: 963 731 736

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Faja Lobi
International & Surinam Cuisine
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Tel : 282 414 133 / 918 838 484

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Thursday - Sunday only
Rua do Farol, 67, Carvoeiro
Tel : 282 354 088

LAGOS/LUZ

Restaurante Florestal
Cosmopolitan menu
Open:Tues-Sat. 12.00-2.30pm & 7.00-10.00pm
Sun. Special Brunch 12-3pm
Barão de S. João, Nr. Luz
Tel: 282 687 204

Pashmina
Authentic Indian food
Open: Daily 12.00 - 2.30pm & 6.00 -11.00pm
Below the Church in Praia da Luz
Tel: 282 789 667 / 960 433 376

Meu Limão Tapas & Wine Bar
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Open: Daily 10.00 - 2.00am
Rua Silva Lopes, 40/42 (In front of the Golden Chapel), Lagos.
Tel: 282 767 946

No Patio
International Restaurant
Open: Tues-Sat. from 18.30 Sunday from 13.00
Rua Lançarote de Freitas, 46, Lagos
Tel: 282 763 777

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Join the bright

Get your sunglasses on and tackle this season's super brights.

Myleene Klass. (Photo: Press Association)

Myleene Klass recently showed off a rainbow of colours on the red carpet - but not in the same outfit... She chose not one, but three dramatic frocks of shocking brightness in red, yellow and purple for the Classical Brit Awards.

The TV presenter earned her fashion stripes by picking bold hues of block colour to make a big impact. The S/S 08 catwalks were illuminated with summery block brights from ultra violet at Marc Jacobs, garish green at Moschino, to azure blue at Missoni.

Shape and cuts are irrelevant this season so you can let the colour speak for itself. Just choose your favourite shade and light up the room with bold brights.

Mellow Yellow

If there's one colour you invest in this summer, make it yellow. The brighter, the better. Pastel yellow is pretty and feminine but it's bright canary yellow, as seen on the Gucci catwalks, that have really caused a commotion in fashion land. When Cheryl Cole was having marital problems earlier this year she paraded down the red carpet in super-bright yellow to show the world she was fighting back.

Blue Hue

Blue regularly steps in as black's staple replacement over the summer months. Navy is great if you're in the nautical spirit but for top-to-toe block brights, azure blue is the colour to dive into.

Engaging Green

Sarah Jessica Parker picked a show-stopping green hat to wow the fashion pack at the Sex And The City premiere. Get into green goddess mode in jewel-like emerald this summer.

Shocking Pink

Fashion has really fallen in love with fuchsia this season. While pretty pastel pinks has girly associations, this season's bright pink comes with serious attitude. Gwyneth Paltrow recently dumped her conservative streak to show off a shocking-pink, vintage Christian Dior frock. Make like Gwyneth and head for hot pink in prom dresses to toughen up a prim-and-proper look.

Braving The Brights

Not sure how to pull off this

Ask the expert

Q: I loved Sarah Jessica Parker's extravagant green hat she wore for the Sex And The City premiere. Where can I get something similar for a summer wedding without the designer price tag?

A: SJP made her red carpet statement in a garden-inspired Philip Treacy hat. You won't find anything quite so flamboyant on the high street but Debenhams have a fabulous collection of hats and fascinators by J by Jasper Conran, Star by Julien Macdonald and Pip Hackett, which are striking enough to make you stand out from the wedding crowd.

Pack a stylish suitcase

Find the perfect capsule wardrobe for your summer getaways.

If you're jetting away on happy holidays this summer, don't ruin the relaxed mood by stressing about your packing.

Whatever your destination, from Skegness to the Seychelles, once you have your capsule holiday wardrobe sussed, it should see you through any occasion whether it's sandcastles on the beach or sangrias under the stars.

Avoid excess baggage charges with our top tips for a stylish getaway in the sunshine. We reveal what to take, and exactly how to pack it to fly away to your destination like a true fashionista.

What To Pack

Packing for a fashion-forward vacation doesn't mean stuffing every sun dress and pair of shoes you own into a case - unless you're Victoria Beckham or Naomi Campbell.

Amanda Slader, chief fashion advisor at John Lewis, has this advice on must-have holiday items to pack:

Wrap Up

"It gets chilly flying at high altitudes. Remember to include a pashmina in your hand luggage, which can double-up as a beach top or evening shawl when you arrive," Amanda recommends.

PACK: Country Casual purple pashmina, or lemon pashmina.

Lovely Linen

"Ditch your hot and heavy denim," advises Amanda. "Opt for linen trousers, dresses or skirts instead to help keep you cool."

PACK: Mango linen shirt dress, or white linen trousers.

Day-to-night

Items which can be worn in the day or glammed up at night are essential for a capsule holiday wardrobe. Look for versatile maxi skirts that can be worn as beachwear cover-ups or a dress in the evening.

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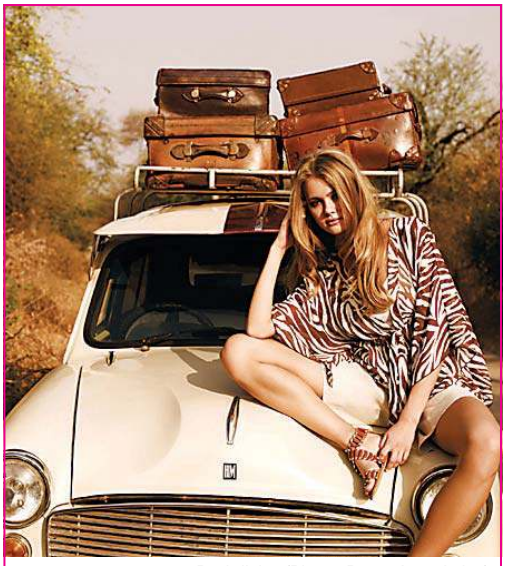
Pack light. (Photo: Press Association)

brigade

summer's super-bright shades? Stick to these style rules and you'll be bright and breezy in no time.

· Avoid looking like a Rowntree's Fruit Pastille lolly. If you're new to experimenting with brights, stick to one colour at a time with your clothing.

· If you feel like you're overdosing on one shade, break up block colour with a contrasting waist-cinching belt.

· Feel like a top-to-toe black day? We all have them. Give your outfit a pop of colour with one statement bright accessory. Mary-Kate Olsen recently stepped out in a plain black satin playsuit, brought to life with a shade-inducing neon pink belt.

· Only for the super-brave... acid brights are big this summer so try out neon numbers if you want to go one step further on the colour chart. Perfect for setting off toned and tanned skin. *Lisa Haynes*

Fashion News

Buy It Now

Gwyneth Paltrow's recent penchant for sky-scraping heels has caused a stampede for super-high platforms and stilettos. Give the actress a run for her money with all 4.7 inches of these El Dantes patent platforms heels at Faith (www.faith.co.uk).

Fashion News Flash

JULIEN ALOUD: Seems designers are in demand with girl bands. First Roberto Cavalli spruced up the Spice Girls for their tour and now Girls Aloud have bagged a designer makeover for their Tangled Up Arena Tour. Julien Macdonald has designed two sets of the girls' stage costumes, including sparkly crystal-clad dresses and sci-fi inspired bodysuits. Forget the singing, we're going to check out Julien's handiwork!

BUST BOOSTER: Craving cleavage? If you're lacking in the bust department, check out the new swimwear range by Maxcleavage.com. You'll find swimsuits and bikinis with hidden, liquid-filled pads that are safe for use in the sea and chlorinated water. Check out the styles available at www.maxcleavage.com.

PACK: Zebra kaftan or stripe maxi skirt.

Towering Wedges

"Cork and cut-out wedges are versatile and lightweight. Perfect for both day and evening outfits," Amanda says.

PACK: Dosie strap wedge or floral raffia wedge.

Crease-free

Crinkle-effect clothing is a great solution to the age-old problem of creases.

PACK: Long Tall Sally colour-block crinkle dress or blue crinkle silk dress.

Accessorise

"Pack less and accessorise, accessorise, accessorise to vary your look with fewer clothes," says Amanda.

PACK: Coloured wood bangles or red sunglasses.

Luxury Luggage

Finish off your holiday packing with a super-stylish suitcase to really get you in the holiday mood. Think bright colours and prints for a fashionista touch at the departure lounge.

PACK: Orla Kiely suitcase or Jasper Conran Stripe Tease wheeled duffle.

Packing Know-how

Once you have your holiday wardrobe hit-list sussed, haphazardly cramming everything into your suitcase could undo all your hard work. Who wants to walk around in crumpled, creased clothing, or worse still walk around in your birthday suit because all your clothes are covered in suntan oil?

Avoid disasters when you unpack at your destination by packing like a professional.

· Roll your clothes instead of folding - it maximises space in your suitcase and prevents creases.

· Look fantastic in crease-free clothes by inserting a layer of tissue paper between clothes.

· Try rolling up a whole planned outfit together. Then you can pull out a roll of clothes each day and won't have to search through the suitcase - rummaging can wrinkle clothes.

· Pack most of your socks inside shoes, and your shoes inside socks.

· Avoid excess baggage charges. If you're going away with a group of friends, work out who can take what. You don't need four hairdryers! If you're the same sizes you could even agree to swap clothes and shoes to double what you have to wear.

· Protect against spills by putting cosmetics and toiletries in resealable plastic bags. You'll know why if you've ever had an accident with an exploding shampoo bottle! *Lisa Haynes*

Be bold and beautiful this summer. (Photo: Press Association)

Our little alien is lost, but you don't have to be. If you can't make contact because you don't know the number, call DQ on 760 50 60 70

Phone Alison on 282 358 014
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LADIES' FASHIONS FROM ALL OVER EUROPE
New season
Saturday, May 31st
Vale do Milho Golf, Carvoeiro • 10am - 4pm
Monday, June 2nd to Friday, June 6th
Hotel Belavista, Praia da luz • 10am - 5pm
Shop at Quinta da Praia,
ALVOR
Mon - Fri: 10am-1pm & 3pm-6pm
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282 476 574

Core? Blimey!

In the last article I talked about posture and its importance in the golf set up. In this article I will focus a bit more centrally on the core and how to use it can be used to get better distance and control.

Too often, a good postural set up at address is lost upon the beginning portion of the golf swing. This is due to a failure to activate the TA, (*transversus abdominalis),* lower abdominal muscles and the gluteus complex of muscles (the backside). These two muscle groups are royalty as regards the golf swing and demand attention and respect. Pelvic immobility is the leading factor in the loss of core activation and proper posture during a golf swing.

Learning how to activate these muscle groups prior to starting the swing will enable them to function better and help with sequencing particularly in the down swing.

The pelvic tilt move encourages good activation of these muscle groups and increases pelvis and hip mobility. The following exercises will develop the strength and control of this move which will when utilized add distance and control to your game, and when perfected could also do wonders for your sex life.

On the go

The suck and squeeze.

Standing up straight place a hand on your tummy just below the belly button and suck your tummy in so your hand moves towards your spine. At the same time squeeze your backside. The effect should cause your pelvis to tilt backwards. Hold this for 10 sec. then relax. Breathe and repeat. This exercise can be done any time, any where, and the more often it is done the greater the effect.

In the Gym

Lying pelvis tilt

On a mat on the floor, lie on your back with knees bent and feet on the floor. Put your hands above your chest to prevent using them to assist. Push your lower back to the floor tilting the pelvis backwards by pulling in your abs and tightening the gluteus (backside), and hold for 15 sec, then relax. Repeat 5 times. (This is and excellent move prior to working on any exercises for the abdominal muscles.)

Gaining the feel for how to manipulate and maintain a proper pelvis position during a golf swing is the main focus of these exercises, however they can also offer various fringe benefits.

Once pelvis mobility is no longer a factor you will be well on your way to using *focused strength* on the golf course, as well as other areas of your life.

The next articles will focus on the points of rotation in the golf swing and demonstrate exercises to improve your ability to turn.

On the range

Neutral pelvis back swing

At set up first tilt your pelvis forwards (Photo a) then tilt it backwards (photo b) then forwards again to the maximum range comfortable, then tilt the pelvis backwards but stopping at the midway point (Photo c). Then turn into your back swing (Photo d). This sets the pelvis in a neutral position but with activation of the abs and gluteus prior to starting back swing. In this position you should feel the abs and gluteus tighten slightly and be in a strong set up position.

Graham Morgan is a Titleist Performance Institute Certified Golf Fitness Instructor working the Algarve.

For more information on "how to improve the future of your golf game" call Graham, Tm: 916 774 624 or email golfpowertraining@gmail.com

At home

The assisted pelvic tilt

Using a chair or wall for support lean forwards and place both hand on the support with knees slightly bent. First arch (forward tilt) then round (backward tilt) the lower back feeling the abs and gluteus tighten as you tilt the pelvis backwards. Tilt the pelvis forwards and backwards trying to get as much range in the movement as possible without causing any pain. Once you have mastered this try the move without support with arms across the chest. Make sure that the shoulders and knees do not move.

Algarve Walks

Lets Walk around the Barragem

Wednesday June 4

A moderate walk of just over 2 hours around the part of the Bravura Lake and through the countryside.

10.00 start - meet in the car park above the lake. Leave the A22 at the Lagos / Odiaxere exit, turn left to Odiaxere & at the lights in the centre of the village turn left. Follow the signs for the Barragem, the car park is on the left with a cafe.

Walk leader: Peter Lammin (telephone 934 992 908)

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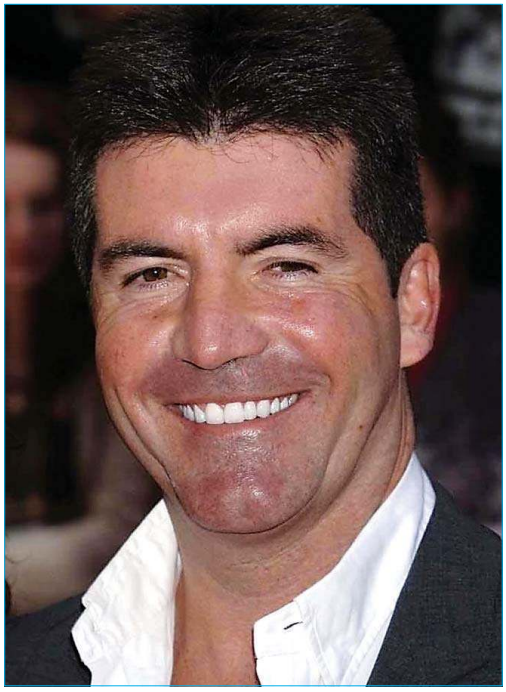
Service your smile

With Simon Cowell's glowing gnashers topping a list of the smile people would most like to have, we take a look at the dangers of home whitening, and the dentists reveal the best way to really take care of your teeth.



One of the trademarks of today's celebrities is a dazzling smile so perhaps it's hardly surprising that many of us now regard a full set of gleaming white teeth as an essential - and synonymous with success.

We yearn to have smiles like Kylie Minogue or George Clooney according to research by the British Academy of Cosmetic Dentistry, which found other 'top rated smiles' are flashed by Julia Roberts and Simon Cowell.

In reality a third of us are 'concerned about the look of our teeth' while a fifth of people are so embarrassed by less than perfect gnashers that they usually conceal them in photos.

Dr David Bloom, dentist and president of the BACD, says: "Our research found that people nowadays put a very high value on a good smile. Women believe it indicates a warm personality while men consider a good smile leads to success in life."

Achieving that mega-watt beam is no longer a luxury confined to the rich and famous because new technology - and competitive pricing - means more and more of us are turning to teeth whitening, which can be done safely and effectively.

However, while cosmetic dental whitening accounts for more than 30% of dental procedures, there are perils. Choose the wrong method, warn dentists, and you can permanently damage teeth by dissolving the delicate enamel coating, harm gums or find teeth become hyper-sensitive to changes in temperature caused by hot or cold drinks.

Dr Uchenna Okoye, a board member of the BACD and dentist on Channel 4's 10 Years Younger, says: "None of us these days want to grow old gracefully, so we're all striving to look better and younger. That desire is further fuelled by people copying the style of their celebrity idols.

"A beautiful smile is key to a good appearance because when people meet us for the first time they focus on our eyes and smile. Yellowing or discoloured teeth have an instant ageing effect and teeth whitening is one of the easiest and cheapest ways of changing that."

Generally, it's natural for the gleaming teeth of our childhood to discolour over time, as Dr Okoye of the London Smiling dental practice, explains: "Our teeth inevitably darken as the enamel matures over the years. Coffee, tea, red wine, curry and cigarettes all speed up that process. Removing those stains and treatments like whitening can visibly remove years from a person's age.

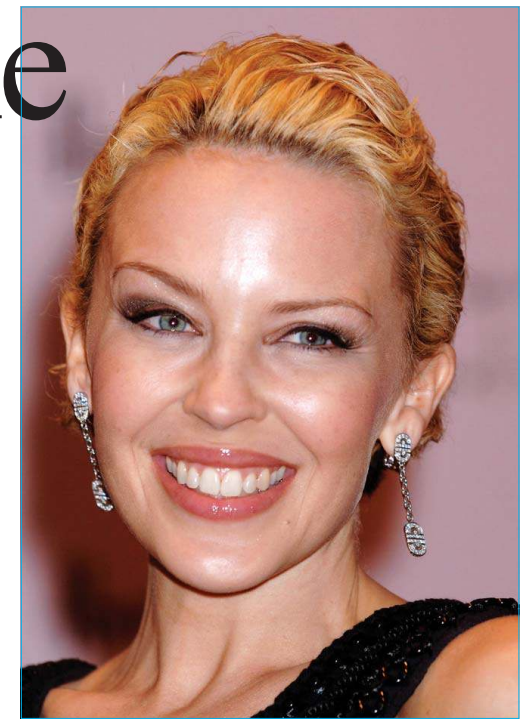
"The benefits shouldn't be under-estimated. I've had people telling me after treatment that the improvement has led to promotions or even proposals of marriage."

She, in common with many dentists, had her own teeth whitened - surveys have shown that on healthy teeth it does no damage - but she emphasises the need to seek advice and ideally treatment from a professional dentist.

"Sadly, some patients come to me for help because they're experiencing pain and problems after perhaps having treatments done by unqualified people in beauty salons, going abroad to get so-called bargain treatment, or using a cheap 'DIY' whitening kit they've bought over the internet."

Teeth whitening carried out by non-dentists is illegal in the UK but last year a Which? report revealed many beauty salons undercutting dentists' prices and employing beauty therapists who, after a few days training, applied harmful chemicals with the potential to damage clients' gums and teeth. Around 70 clinics were investigated by The General Dental Council in the UK.

Also tests carried out by the British Trading Standards Institute in June 2007 on a range of 'DIY' whitening kits found a



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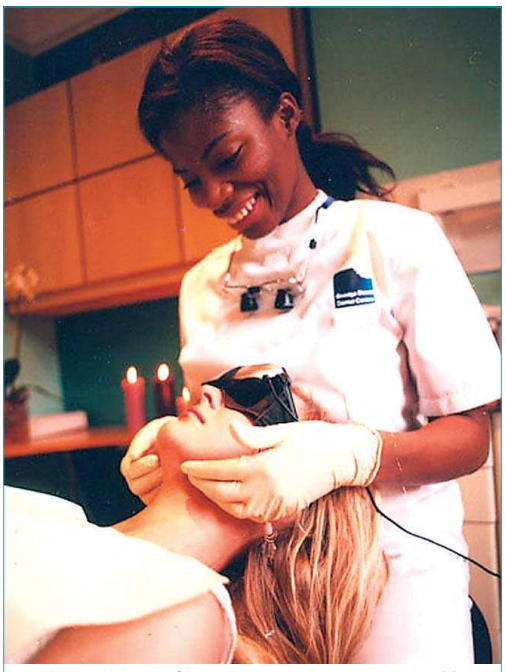


Doctor Uchenna Okoye at her dental practice says, "If you have gum disease or any holes in your teeth these should be successfully treated before any whitening."

proportion contained hydrogen peroxide above legal limits.

Ron Gainsford, Chief Executive at the TSI, warns: "Our tests found high levels of hydrogen peroxide which can aggravate gum disease and cause sensitive teeth - even chemical burns in the mouth."

Dr Okoye suggests these simple guidelines: "If you want teeth whitened it's vital that you consult a dentist first so he or she can assess what has caused discolouration of teeth and what whitening method will work best for you as an individual. Otherwise, you can end up not just disappointed but suffering a lot pain and grief."

TOP SAFETY TIPS

Don't whiten unhealthy teeth. Dr Okoye says: "If you have gum disease or any holes in your teeth these should be successfully treated before any whitening.

"Yellowing teeth can be a sign of decay. If you bleach teeth in that state you can make the decay worse and weaken the teeth."

Be aware that no teeth whitening is permanent, and will need regular maintenance or top up treatments.

While Dr James Goolnik, dentist and vice president of the BACD, warns: "Websites which sell 'professional' whitening kits with over 6% hydrogen peroxide are unsafe and if the government follows an EU guideline will soon be completely illegal.

"They are sold as 'safe' but can easily harm someone, especially if a dentist has not advised on whether teeth are even suitable for whitening. These gels, with such a high amount of chemicals, could burn people's gums or damage teeth permanently."

Women should not bleach their teeth if pregnant or breastfeeding.

BEWARE THE CELEBRITY GLARE

Brilliant white teeth shouldn't be the ultimate goal according to Dr Okoye. She says: "These often don't look natural and simply shriek 'I've had to whiten my teeth' so drawing attention to the ageing process rather than the reverse.

"Even in America, where pure white teeth originated, dentists are now looking to the UK for guidance to achieve a brighter but altogether much more natural colour so that teeth complement an individual's face."

As a guide to the degree of whitening that can be achieved and the tooth colour to aim for she looks at the colour of the cornea (the white of the eye) of the person.

"The cornea colour remains unchanged throughout our life. If there's a strong contrast between that and the unwhitened teeth colour it's likely that the teeth will whiten well. I usually aim to harmonise a person's cornea colour with their teeth shade."

WAYS TO IMPROVE TEETH COLOUR

Teeth Cleaned by Dental Hygienist:

Result: Can lighten teeth by 2-3 shades.

Cost: Varies but around £25 (€32).

Dr Okoye says: "Many people benefit from simply having a regular routine clean by a dental hygienist. This can reduce the build-up of stains caused by the common culprits - smoking, wine, coffee and tea."

She also recommends products such as Sensodyne Whitening toothpaste and Colgate Whitening Toothpaste to remove external stains and says some specialist toothbrushes may aid stain removal.

Light Assisted Bleaching:

Result: Can lighten teeth by 10-12 shades and results can last for at least a year. The advantage is it's quick - treatment only takes around an hour. A light laser enhances the effect of the whitening (bleach) solution by heating it while it is on the teeth.

Cost: Around £800 (€1,005) for one session.

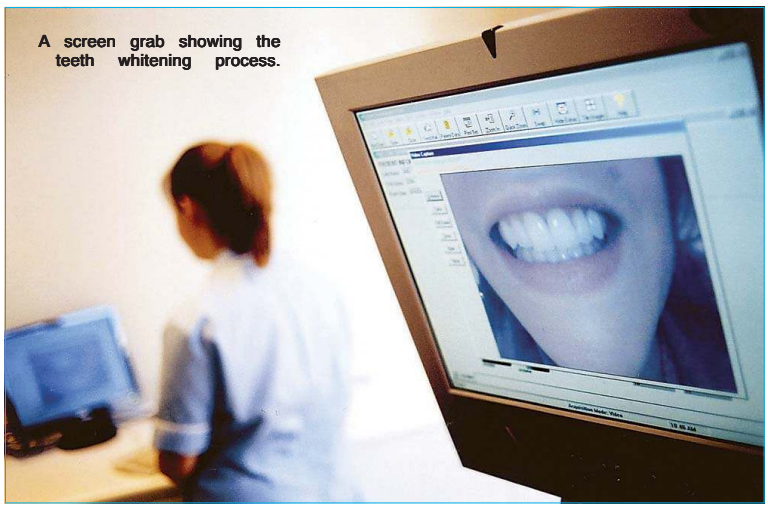
Dr Okoye says: "It's essential to have a consultation before treatment to assess whether a patient is suitable. Some people prone to sensitive teeth should either not have this or may need desensitising sessions beforehand."

More applications of gel can also be taken home and applied, without the light, to further enhance the whiteness.

Home Whitening Using Kit Provided By Dentist:

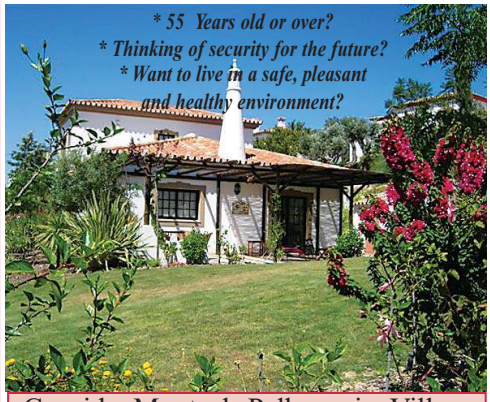
Result: Lightens teeth by up to 10-12 shades and lasts from six months to a year. The most popular method but will not alter the colour of fillings, crowns or other dental work, or roots of teeth exposed as gums recede. A dentist will make a mould of your teeth which is turned into a custom-made shield - a tray - for the bottom and top teeth.

These, into which you squeeze the bleaching gel, are worn daily for up to four hours at a time over a period of up to three weeks.



A screen grab showing the teeth whitening process.

Monte da Palhagueira Retirement Village



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Teeth can be left feeling sensitive but using toothpaste for sensitive teeth can ease this.

Cost: Starts from around £300 (€380) up to £500 (€630) and top up treatments around £60 (€75).

Dr Okoye says: "It's gentle, can improve the health of gums by killing off bacteria, and it's easy to do."

Teeth Veneers:

Result: Teeth a shade and shape you choose which can last between 15-20 years. This is one of the alternatives for people who are not suitable for teeth whitening. A dentist removes part of the existing enamel before bonding on the veneer which is usually made from porcelain.

Cost: Anything from £4,000 (€5,025) to £40,000 (€50,230) for a full set of teeth. Around £800 (€1,005) for one tooth.

Dr Okoye says: "This is expensive - and the choice for many movie stars - but it can transform a person's smile. You can tailor the shape and colour of the veneers so it totally enhances the face and it can a person look up to 20 years younger. It can also mean there's no need for collagen or lip implants as the teeth will support the lips better and make the mouth look fuller.

"I have clients who say instead of spending their money on a new car or kitchen they'd prefer to spend it on something that they will affect their day-to-day life - their personal appearance."

The British Academy of Cosmetic Dentistry (their website is: www.bacd.com) reveals that in the UK, Londoners are the most likely to have cosmetic dentistry done (28% compared to the national average of 24%). Londoners were also more likely than average to request white fillings and veneers. They are also the most likely to believe that 'people are judged by their smile' - with over two-fifths (44%) believing so.

Gabrielle Fagan

Change your mind - Change your shape

Weight loss seminar, 29th June at The Marina Club Hotel in Lagos. If you feel fat, are a yo-yo dieter, have 1 or 100 kilos to lose, then this seminar is for you!

Finally, a way to **lose weight easily.** Most people who want to lose weight have tried many diets that simply haven't worked or haven't lasted. The end result often means being heavier and bigger than when they started with lower self esteem and greater levels of frustration. Our approach is **focused on you.** You now have the opportunity to discover the secrets that will enable you to lose weight and feel great too! Curious? Now, imagine how good it will feel to be able to eat only when you are hungry and stop when you are full. Imagine how you'll look and feel when you have achieved your ideal weight goal.

Be a loser and enjoy the gain.

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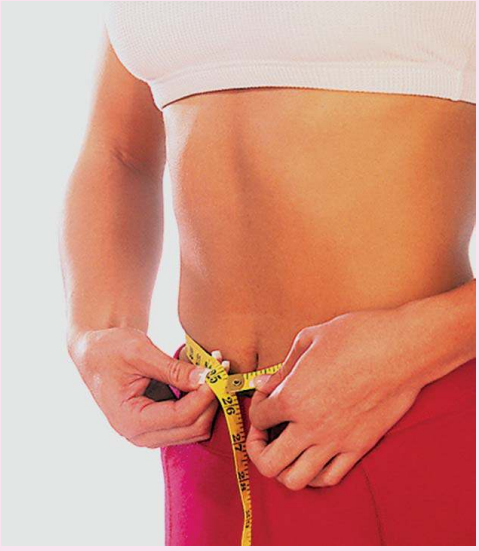

Learned behaviour ~ Our weight loss seminar will show you how you can change your relationship to food; how to, easily, naturally and without a struggle say "No" to second helpings and to any foods that don't support you in your health and weight loss goals. You will never feel deprived. You will learn how to make the right choices.

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Enjoy our exercise energiser ~ Using powerful mind programming sessions the seminar offers you the opportunity to change the way you think about food and reinforce your motivation to take appropriate, enjoyable exercise.

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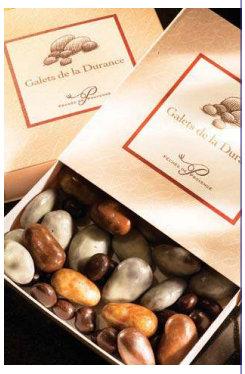
One of Paris's most exquisite hotels?



The stunning foyer of the Renaissance Paris Vendome Hotel and a selection of special touches.

Luxury in a hotel is very hard to define, and it's not always what many suppose it to be: gold fittings, overbearing opulence, and wall to wall champagne bearing flunkies. It's much more to do with subtlety, location, discreet service, and privacy.

Paris is full of large hotels with hundreds of rooms ('bed factories'). That's not to say that they don't offer good value and comfort, but they are neither personal nor luxurious in my opinion. However, the Renaissance Paris Vendome Hotel, part of the Marriott group, a boutique hotel of less than 100 rooms, is situated in the very heart of Paris near the Place Vendome, where you will find famous establishments such as the Paris Ritz, but having stayed at both, the Vendome wins hands down for real luxury and service.

The Renaissance Paris Vendome Hotel is to be found in the Rue Du Monte Thabor, a quiet street a couple of hundred metres from the Place de la Concorde and the Place Vendome. If you are arriving by Eurostar, then it's a quick taxi journey away from the Gare do Norde station. We arrived late in the evening, but a doorman was there to whisk our bags out of the taxi as soon as we arrived. The foyer is quite small compared with a major hotel, befitting the 'boutique hotel' description, but beautifully furnished and designed by Pierre-Yves Rochon, with strong overtones of Art Deco. This used to be the inner courtyard of the property, but now is sheltered under glass with thick carpets, a rosewood encased reception and hall porters desk, with purpose built furniture and fabrics supplied by Frey, Ralph Lauren and Andrew Martin amongst others.

The hotel restaurant, Pinxo, and right, applying the finishing touches to a dish.

Our reservation was found with in a few moments, and we were ushered up to our room on the third floor. The hotel corridors are laid with deep pile Scottish carpets softening every footstep. Our room was no exception to the high standards already seen in the public areas, no expense had been spared on the décor and furnishings, simple, but superb. Double glazing, of course, blinds and thick flannel curtains so soft to the touch. The bed was huge, and welcoming in its plushness.

The bathroom, was equally well appointed. Toiletries by Bvlgari; thick, soft bath and hand towels; robes; and excellent lighting, exactly where you needed it, without being obtrusive. There were fresh exotic flowers artistically arranged in the bathroom and bedroom, but without seeming ostentatious. There were nice, and practical touches, such as reading lights beside the bed as well as the normal bedside lights, and the air con unit was as silent as any we have encountered anywhere. Oddly, there was nowhere to store suitcases, though there was good hanging and storage space for ones clothes.

A wall mounted flat screen Sony TV and DVD player was provided for our entertainment, though the choice of English language channels was quite limited, however, the hotel has a stock of DVDs for you to choose from, or you can bring your own favourites with you.

In the evening, a delight awaited us, not a simple chocolate on one's pillow, but a chocolate 'lollypop' from the very exclusive Jean Paul Hevin Chocolatier, whose pretty 'tea room' with its interiors designed by Alain Gabrielli and Cabinet Graft is in the nearby Rue Saint-Honoré, at number 231, a mere 100 metres or so from the hotel, and an absolute must to visit. While you are there bear in mind that Rue Saint-Honoré is one of Paris' oldest medieval streets, and has had this name since 1241. It's still the home to some of the best names in shopping.

The location is one of the joys of this hotel, you don't need a taxi, just walk out and with in a few metres you are in the heart of one of the most stylish areas of Paris, with exclusive shopping, museums, parks and gardens, and of course the Place Vendome with its exclusive jewellers. Within a 5 minute walk is the Opera House, and within a couple of minutes more, Galeries Lafayette in Boulevard Haussmann. It can be rather crowded, but the champagne bar on the first floor is the place to watch the world's shoppers go by and enjoy the unique dome.

The hotel restaurant, Pinxo, is one of the attractions of this hotel. Under the direction of Chef Alain Dutournier the preparation and presentation of the food

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The hotel's Chinese Bar is small and very personal.

is of a very high quality. I personally like the concept of open kitchens, where you can see the chefs busy at work as your dishes are prepared. The wine list is also very well chosen, and we decided to take wine by the glass, matching each course, and allowing the wine waiter to make the choices. What a very good decision that was! A 15cl glass is sold at between €5 and €9, which for the quality on offer was very good value. Starters range between €13 to €22, and the main dish from €18 to €25. Everything on offer bears evidence to a strict policy of fresh ingredients cooked to order. My fillet of milk-fed lamb from the Pyrenees melted in the mouth. It was served on a bed of tomato, aubergine, carrot with black olive and watercress coulis. Our other choice was the Aquitaine sirloin beef, served with mashed potatoes and green onions. Finish off with the Fried Camembert croquettes with celery sticks, or perhaps the Spicy Bitter Chocolate Cake, with ewe's milk ice cream and espelette pimento jelly. The final treat, is the 50 year old Grand Marnier, a wonderful use of €15. Our meal for two came to a little over €120, very reasonable for the quality.

Breakfast is equally fresh and appealing. As you enter the restaurant there is a small table laid with speciality jams and marmalades, and as you go to the buffet, laid out in front of the kitchen, and constantly being added to by the chefs, there is wonderful choice of fresh fruits, cold meats, cheeses, homemade breads, fresh fruit juices, in fact everything for every taste, and don't let the word 'buffet' put you of, this was a buffet with style. Fresh eggs, to your taste, were available, plus bacon and sausages if your love for an English breakfast is something you take with you wherever you travel.

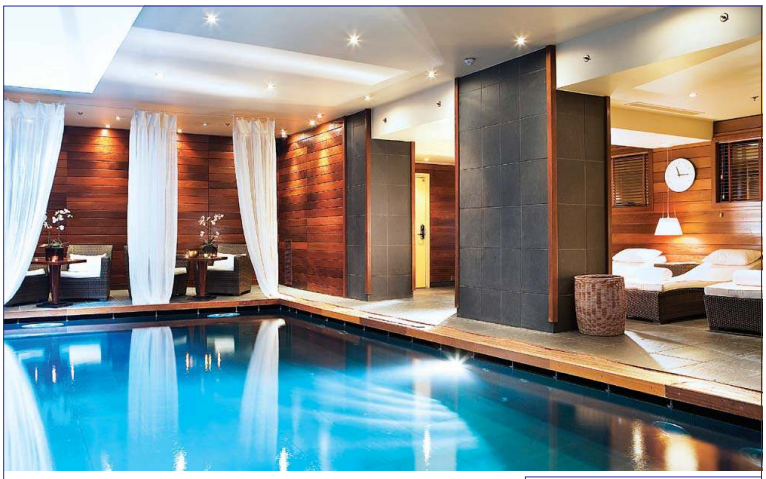
Downstairs the hotel offers a lovely indoor 11 x 4 metre swimming pool, a rarity in Paris, and a Spa. In the pool you can swim against the current, and later just lounge by the poolside, a nice touch after a days shopping and sightseeing. The hotel's Chinese Bar is small, very personal, and delightfully furnished. Be sure to ask for one of their teas, all from a local speciality shop.

In the lobby and library, there are always jugs of fresh water and fruit juices, and a coffee station is tucked discreetly away for you to serve yourself a coffee while you browse through the books.

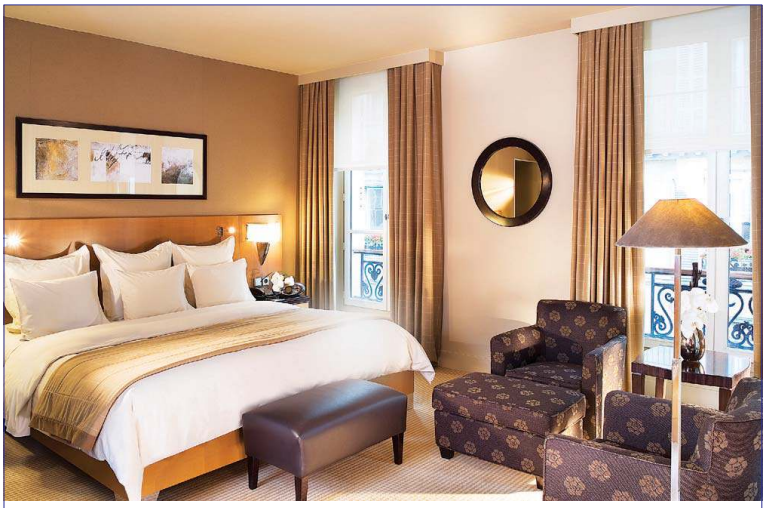
Renaissance Paris Vendome Hotel is not an inexpensive hotel; quality and luxury of this standard come at a price.

Expect to pay in the region of €500 a night, but that is less than some of the better known names at this end of the luxury hotel market. It is both superb and unique, and if you really want to treat yourself or someone special, there is surely nothing to touch this hotel in Paris. If there is, I haven't found it yet, and won't bother to look; this is where I want to go back to, and I'm really looking forward to doing just that.

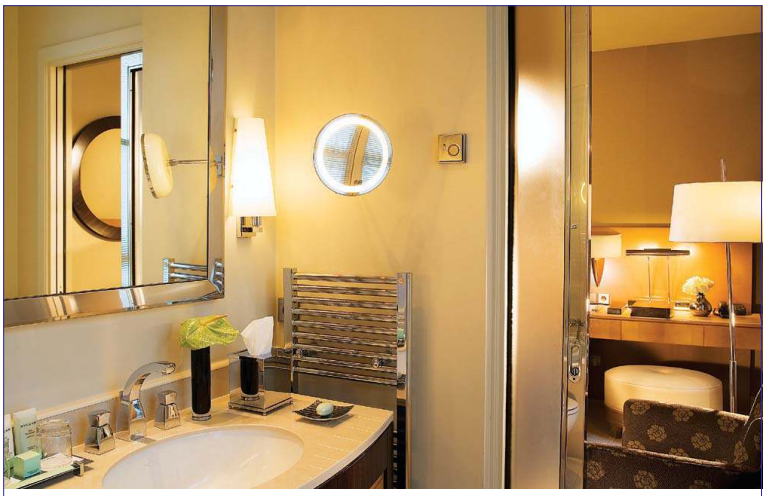
To make a reservation or for more information contact: Renaissance Paris Vendome Hotel, 4. Rue du Mont Thabor, Paris, 75001 France. Phone: 00 33 1 4020 2000, or visit: www.renaissanceparisvendome.com P.L.



The hotel's beautiful swimming pool and Spa.



One of the plush bedrooms of the Renaissance Paris Vendome Hotel.



The luxuriously equipped en suite bathroom.

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Thats our Boy, Merlin — Ibn Harun Estalo

Jim had to stop in The Algarve with Sandy which left me in the dubious position of taking Merlin to the Almeirim show completely on my own. Because of the weather this show had to be moved to Santarem, adding to the confusion. This was a challenge for both of us. I have not driven myself to any show in Portugal. Merlin never goes to a show without Cleo.

Well, Merlin became a different dog without his Sister around. He seemed full of confidence, was laid back and just threw himself into it all with enthusiasm. Many people came up to me to say how different Merlin was, how sure of himself and how good he looked — even a couple of the Judges who know him.

Merlin managed an Excellent with a First place in his class, a CAC towards his Portuguese Championship and then amazed me by being awarded Best of Breed. This was wonderful thinking back to the poor soul we rescued from the pet shop. He went on to be placed 3rd in the Group with a place on the podium and a cup to bring home.

For me, the 'icing on the cake' was reading his critique which the Judge writes up for us to keep.

To think back to that poor little underweight, unfed, 4 month old who could not walk—the comments read 'very nice type of correct size, well developed legs, correct head, correct top line. Correct Coat, free movement'. But the piece de resistance for me was 'Very correct tail' in the notes section. In Portuguese Water Dogs the tail is everything, it has to be carried high. Usually my two are fine till they get in a ring when the nerves take over and tail collapses, but this time his tail was where it should be. Now I have to work on stopping him trying to sniff for doggy smells around the ring and get his head up!! Obviously the later it gets in the day the more interesting the smells so it is quite difficult for him to avoid just 'being a dog'!!

Please note the Water Trials this next weekend. Beauty Contest Saturday 31st May from 16.30pm at Concurso De Beleza Olhão. Water Trials Sunday June 1st from 10.00am at Rampa do Cais de Recreio da Marina de Olhão.

Protect your pet with knowledge
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That's our Girl, Cleo — Ibn Harun Coral

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Fdo.: INGRAM, ANNE

Above, Cleo's Certificate

Those of you who know me know that my Sandy is not at all well at the moment. Actually, to qualify this, she is perfectly OK medically but cannot walk so needs more watching than usual. She can manage to get around but not necessarily to get out of the door. She then gets frustrated. This has obviously meant that leaving her is impossible at the moment, and kennels are out of the question. Vets maybe, and too demanding to be left with Julie and the family. So, this is having a 'knock on' effect.

This weekend was the Spanish Dog Show, the Crufts qualifier. I had my two entered but the nearer it got the more impossible it became to work out a 'plan'. Laura, from Merrylegs Kennels, very kindly offered to take Cleo to Madrid and show her for me. Laura is wonderful and I knew Cleo would be fine with her as she has known Laura all her life. I, have found it very difficult not having Cleo with me and not showing her myself. However, nothing is ever simple in life.

That's our girl Cleo.

Thankyou so much Laura for looking after Cleo and for showing her for me. Cleo achieved a Best Female, an Excellent, a CAC and CACIB towards her Spanish Championship. She is now qualified for Crufts 2009. Laura's own dog, Harry, is getting fantastic results, more in a later article.

Once Cleo got back she got a big fuss for doing so well.

Please note the **Water Trials** this next weekend. **Beauty Contest** Saturday, **31st May** from **16h30** at **Concurso de Beleza de Olhão**. **Water Trials** Sunday, **1st June** from **10h00** at **Rampa do Cais de Recreio da Marina de Olhão**.

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The Nandi Animal Charity Lagos, Portugal

The Nandi Animal Charity of Lagos is hosting Ascot Day on Thursday, June 12. The event will be held at 1:30, at the home of Helen Stokes in Praia de Luz. It will include a delicious champagne luncheon; wine and beer will also be available. Everyone is asked to come wearing a hat in honour of Ascot; there will be a prize for the best lady's or gentleman's hat. There will also be a raffle of super prizes and the chance to bet on the horses.

Tickets are €10, which includes lunch and a glass of champagne. All proceeds go to Nandi's support for animal medical care and other animal charities in the Algarve.

To purchase tickets and get directions to the party, call Helen Stokes at **282 788 229** or **966 666 314**.

Come have good fun, make new friends and help the animals of the Algarve!

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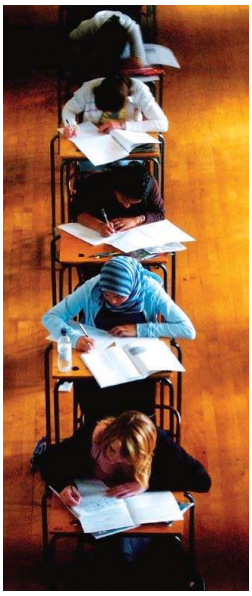
The family way

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

THREE WAYS TO... help children through the exam period



1. Encourage them to look at exams as doorways to the next stage. It's great if they get through them, but if not then there will always be other chances.

2. Be realistic about what they can achieve. Don't get too involved with their revision or put too much pressure on them.

3, Make sure they take breaks and have a drink or a snack every 40 minutes or so while revising.

WHEN IS MY CHILD READY... to be potty trained?

Most toddlers will have the necessary physical and cognitive skills for potty training by the time they're aged between 18 and 24 months, though some can be as old as four. Signs of readiness include being able to tell you they need to go before it happens, not liking having a dirty nappy, and imitating other family members' bathroom habits.

WEBSITE OF THE WEEK: ivillage.co.uk

ivillage gives practical advice about all age groups of children, with sections including Family Day Trips, Activities to entertain preschoolers, Tantrum Solutions and Classic Reads For Kids. There's information about how children should be progressing, with a year-by-year guide to help parents follow their child's development, plus other features including the Connect social networking area, health, work, money and relationship advice.

Top Dad contest

All kids think their dad's the best - and now they've got the chance to prove it in a national competition.

In a bid to highlight the vital role fathers play in their children's lives, the babycare company Philips Avent wants families to nominate dads for its Top Dad contest.

Nominees, who should be fathers of children aged under 16, can have done anything that makes a dad good - from getting hands-on in the care of a newborn, to making his children laugh in a unique way or helping them overcome their fears.

Vicki Scott, Philips Avent independent feeding and wellbeing advisor, says: "Dads should get involved from day one, and that means everything from changing nappies to cuddling. They have such a vital role to play."

The Top Dad winner will get £400 (€503) worth of products chosen from the Philips website - anything from an electric toothbrush to a plasma screen - and will become a spokesperson for Philips Avent, offering advice to future and current fathers.

To nominate your Top Dad and find out more about the search, which is running until 30 June, visit the Philips Avent website at www.mybabytalk.co.uk from the end of April.

NEWS FOR PARENTS

• Women can cut their chance of rheumatoid arthritis in half by breastfeeding their children for more than a year, new research suggests.

Those who breastfed for 13 months or more were 54% less likely to get the disease than women who'd never breastfed, a Swedish study found. But there's a positive slant in the research for those mothers who can't face breastfeeding for 13 months - those who breastfed for between one to 12 months were still 26% less likely to suffer.

• A leading head teacher has attacked the culture of instant gratification, warning that the quest for a quick fix damages children's ability to learn.

Even cricket matches now last no longer than a couple of hours in a world seeking "sensationalism", said Jonathan Milton, chairman of the Choir Schools Association.

What really would be sensational is if parents got instant gratification from children who immediately did as they were told. Some chance!

• A supermarket has installed face recognition cameras to stop children buying alcohol and cigarettes.

A number of UK retailers are said to be interested in the technology being used at a branch of Budgens in London, where cameras at checkouts transmit information about customers' faces to a control centre. The images are compared with a database of images of young people who have visited the store before and been unable to prove they're 18.

READER TIP: If you want a conversation with your teenager, make an effort to ask them questions that need more than a one-word answer, such as "What did you do today", instead of "Have you had a good time?"

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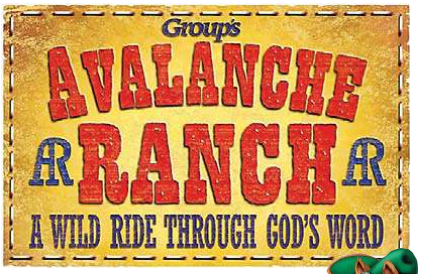

This July, **All Saints Anglican Church** will be transporting young guests to a "DUDE RANCH" somewhere outwest, where their new friends will be Cattle Dogs, Chipmunks, Steer, Bison, Eagles and Broncos.
Why? To celebrate God's love.
The children will explore amazing Bible Adventures, with memorable songs, crafts to keep, games, activities and friendship and take part in Daily Challenges that will encourage them to apply Bible truths to every day life.

When: Monday July 14th – Friday July 18th
Time: 9.30am – 1pm Lunch will be served at 1pm
Where: São Lourenço Int. School Almancil
Ages: 5 – 15 years (Places are limited)
Reserve your places (and cowboy hats) today
contact:
Jo Blackman 289 422134 / 916196077 or
Kevin Croft 289 368779 / 919498517
Cost: 25 eruos per child

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LIVE MUSIC

A Musical Interlude - São Brás de Alportel

On Saturday, June 7th, starting at 2.30pm this fascinating musical afternoon starts with a concert performed by students of the Conservatório de Faro. They will be followed by Carlos Lopes on the piano.

Last but by no means least, at 4.30pm, the Duovioli*NO*acordeão will be making their début at the Museum.

The Duo, João Pedro Cunha and Gonçalo Pescada, will perform their concerts, which aim to create a relaxed ambiance between the artists and the audience due to their proximity but at the same time maintaining the formal atmosphere of erudite classical music concerts.

With an eclectic and varied repertoire lasting approximately 80 minutes, the exotic fusion of the two instruments, violin and accordion, results in a fascinating show for both the experienced and the lay spectator.

After their first performance in Lagos in 1997, they quickly conquered Algarve audiences, gradually extending their venues to other cities in Portugal. They have left their mark on the national panorama as well as abroad. Their first international performance took place in 2003, in the United Kingdom and was an enormous success. This was repeated during the prestigious Festival dos Capuchos in Spain. From original works written for this type of formation to their own arrangements, the programme also includes composers of Sacred music whose works are accessible to the general public.

Their programme includes works by; Bach, Brahms, Vivaldi, Mozart, Astor Piazzolla and Richard Galliano.

June 7th at São Brás museum. Advance tickets €14 (Friends €10) or €15 at the door (Friends €12). Entry to the first two parts of the afternoon is free of charge. Tickets and information: admin@amigos-museu-sbras.org 966 329 073/lua azul 289 845 452/museum 289 840 100 or visit the website www.amigos-museu-sbras.org

THEATRE

Ulysses - Lisbon

The Irish Association is pleased to announce its next event which will be at Casa Fernando Pessoa in Lisbon.

This promises to be a very entertaining evening based on James Joyce's novel 'Ulysses'. David Norris, who is coming over from Dublin, and is renowned for presenting Joyce in a way that makes his work accessible and fun, whether you are already a Joyce lover or still thinking about tackling 'Ulysses' sometime!

Admission is free and the evening will commence with a reception hosted by Mr. Vincent Herlihy of the Irish Embassy. The performance will start promptly at 7.30pm and will finish by 9pm, in perfect time to enjoy dinner in Lisbon.

Friday, June 6th at Casa Fernando Pessoa in Lisbon from 7pm for 7.30pm. For more information visit www.irishassociation.org.

BOOK REVIEWS

Where Are You Now?

By Mary Higgins Clark is published in hardback by Simon & Schuster. Available now.

It's been 10 years since 21-year-old Kevin MacKenzie, Jr. 'Mac' walked out of his room at Columbia University, New York and is never seen again. The only time he makes contact with his family is to phone his mother on Mother's Day. Each time, he assures her he is fine, refuses to answer her questions, then hangs up. Even the death of his father on 9/11 does not bring him back.

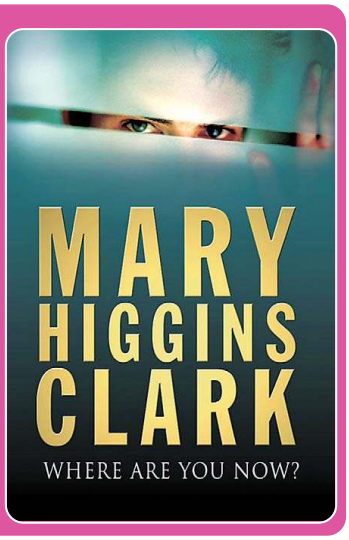
Mac's sister Carolyn, realises that she and her mother will never move on with their lives until they find him.

Her investigations lead to confrontations with people who have secrets they want to remain hidden and Carolyn soon finds her life is in danger.

Fans of Mary Higgins Clark will not be disappointed. This is a nicely-paced mystery with so many twists and turns and red herrings that it will keep you guessing until the very end!

10/10

Laura Wurzal



Beijing Coma

By Ma Jian is published in harback by Random House, priced. Available now.

From the depths of a coma, Dai Wei tells the story of his life, dominated by the student demonstrations leading to the Tiananmen Square massacre.

Through his memories we see his upbringing, his arrival at university and his involvement in the many student protests, hunger strikes and demonstrations that culminate in the explosive events of May 4, 1989.

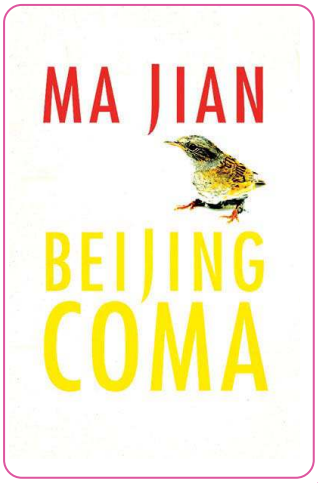
Keeping up with the infighting and different factions of protesters is often tricky, but it's not all politics: Dai Wei's complicated relationships with his family, friends and lovers are also vividly explored.

The narrative also jumps constantly from these recollections to his present vegetative state, and his mother's helpless struggle to get him the medical treatment he needs.

For those whose interest in Chinese political history has been sparked by this year's Beijing Olympics, this novel is a well-constructed, and often poignant, introduction to the atmosphere of late 1980s student dissent.

8/10

Honor Baldry



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COMING SOON FESTIVALS COMING SOON

Your weekly guide to the best summer festivals coming your way...

JUNE

Festival Med – June 25th – 29th in Loulé from 9.30pm. June 25th: Caravan Palace ; Balkan Beat Box; La Shica. June 26th: Muchachito Bombo Infierno; Jummy Cliff; Roy Paci & Aretuska. June 27th: Solomon Burke; Zita Swoon; Zuco 103; Deolinda. June 28th: Café Tacuba; Amadou & Mariam; Ana Moura; Master Musicians of Jajouka. June 29th: Tambours du Bronx; Konono nº 1; Idan Raichel Project.

JULY

Super Bock Super Rock Porto – Parque da Cidade in Oporto from 5pm. July 4th: ZZ Top; Crowded House; Love & Rockts; Xutos e Pontapés; David Fonseca. July 5th: Jamiroquai; Morcheeba; Clã; Jorge Palma; Brand New Heavies; Paolo Nutini; Sexy Sound System. Tickets: €35 - €80.

Super Bock Super Rock Lisboa – Parque Tejo in Lisbon from 5pm. July 9th: Iron Maiden; Slayer; Avenged Sevenfold; Rose Tatoo; Lauren Harris; Tara Perdida. July 10th: Beck; Mika; Duran Duran; Digitalism; Mesa & Rui Reining; Tiesto. Tickets: €40 - €80.

Festival Oeiras Alive! – Passeio Marítimo de Algés. July 10th: Rage Against The Machine; Spiritualized; Gogol Bordello; The Hives; Cansei de Ser Sexy; The National; MGMT; Vampire Weekend; Galactic; Sons of Albion; Hercules and Love Affair; DJ Peaches; Vibe; Boys Noise. July 11th: Bob Dylan; Within Temptation; Nouvelle Vague; The John Butler Trio; Uffie & Feadz; Mehdi; SebastiAn; Vicarious Bliss; MR Flash; Krazy Baldhead; Busy P. July 12th: Neil Young; Ben Harper & The Innocent Criminals; Donavon Frankenreiter; The Gossip; Xavier Rudd; Roisin Murphy; MSTRKRFT Tickets: €45 - €80.

Festival Marés Vivas – July 17th – 19th at Gaia, Praia do Areinho. July 17th: Peter Murphy; Shout Out Louds. July 18th: The Prodigy, The Cult, Da Weasel, Classificados. July 19th: James + Macy Gray + Riders On The Storm (The Doors) Tickets: €15 - €35.

Festival Músicas do Mundo – July 17th – July 26th in Sines. July 17th: Bassekou Kouyate. July 18th: Hazmat Modine. July 23rd: Kasai Allstars; Justin Adams & Juldeh Camara. July 24th: Orchestra Baobab; Beirut; Marful; Lo Còr de La Plana. July 25th: KTU. July 26: Rokia Traoré; Erika Stucky.

Festival do Tejo – Lisboa Pólo Universitário do Alto da Ajuda. July 18th: Gentleman; Jah Cure; Bossa n' Stones; Jorge Palma & Os Demitidos ; David Fonseca; Trabalhadores do Comércio; Sons da Fala. July 19th: Adriana Calcanhotto; Mariza; Ana Carolina; Mart'nália; Clã; Rita Redshoes; Couple Coffee. July 20th: Patrice; Chiclete com Banana; Paulo Gonzo; Boss AC; Irmãos Verdade; Sam The Kid; Impactus 4. Tickets: €25 - €40.

Lagoa Burning Live – July 25th & 26th at Estômbar Parque de Exposições e Feiras.

AUGUST

Anti-Pop Music Festival – August 1st – 3rd at Viana do Castelo Forte S. Tiago da Barra.

Paredes de Coura – July 31st – August 3rd at Praia Fluvial do Tabuão. Tickets: €40 - €70. July 31: Sex Pistols; Mando Diao; The Wombats; The Mae-Shi. August 1st: Primal Scream; Editors; The Rakes; Two Gallants; The Long Blondes. August 2: Mars Volta, dEUS, The Pigeon Detectives, Wraygunn. August 3rd: Thievery Corporation; Caribou + Au Revoir Simone.

Sudoeste – August 6th – 10th at Herdade da Casa Branca. August 6th: Tiefschwarz; Full Metal Funk; Pan Sorbe; Tiago Santos. August 7: Bjork; La Dub Incorporation; Clã; Roy Paci & Aretuska; Balkan Beat Box; The Most Wanted; Souls Of Fire; La Fura Dels Baus; Stereo Addiction; Gui Borato; Zé Pedro Moura; Hugo Santana. August 8: The Chemical Brothers; Goldfrapp; The Dynamics; Cut Copy; Yael Naim; Rita Redshoes; La Fura Dels Baus; Rui Vargas; Sue Ellen; Magazino; Mary B. August 9: Vanessa da Mata; Make Model; Melee; Deolinda; Ziggi; La Fura Dels Baus; Kitten; Hedman; Moulinex & Xinobi. August 10: Franz Ferdinand; Fanfarlo; Junior Boys; Xutos & Pontapés & Orquestra de Metais do Hot Club; Jorge Palma; La Fura Dels Baus; Dezperados; Booka Shade; João Maria; Zé Belo Tickets: €40 - €75.

Surf Fest – August 14th – 15th in Sagres. August 15th: Emir Kusturica; The No Smoking Orchestra. Tickets: €25 - €40.

Noites Ritual Rock – August 29th – 30th at Jardim do Palácio de Cristal in Oporto. August 29th: Sam The Kid + Tiago Bettencourt & Mantha + Micro Audio Waves. August 30th: Buraka Som Sistema + Linda Martini + Rita Redshoes. Entrance is free.

SEPTEMBER

Festa do Avante! – September 5th – 7th at Seixal (Amora) Quinta da Atalaia. Acts yet TBA.

TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

events which are cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

JUST FOR FUN

City fair - Lagoa

A tree-in-one fair, featuring a city fair, children's day fair and book fair is being held at the Lagoa Auditorium until June 1st.

Available will be the latest books and fun activities for the little ones in celebration of childrens day on June 1st.

Highlights of entertainment includes street animation, inflatables and street performers from 5pm to 10pm (May 31st, June 1st); theatre on domestic violence awareness (May 31st, 5.30pm); Senior gymnastics (May 31st, 7.30pm); performances by Família Superstar from 10.30pm and A Carochinha from 9.30pm on June 1st.

Call 282 380 400 for more information.

Garden party - Tavira

The Eastern Algarve School in Tavira is holding a garden party, which will include stalls selling rafts, chiropractic alignments, homemade pies, cakes and jams etc. Fun events include smack the rat, welly, wangling, darts 'n' dice, guess the weight, wet sponge throw, tombola, angel card readings, mystic dog and much more. Grand raffle with super prizes include flight over Tavira, two Iron Maiden concerts tickets, restaurant vouchers, kite surfing lessons, pottery, hair & beauty vouchers and many more.

The will also be a bar serving snacks and drinks, as well as live music.

June 7th from 2pm at Country Hotel at Quinta Fonte do Bispo. For more information, contact Jilly on on 912 683 915 or 281 370 951 or e-mail jilly.shearwood@fsmail.net. Contact Marie on 964 563 918 or e-mail davismm56@hotmail.com.

OPENINGS

The Wall gallery - Ferragudo

Don't miss the launch weekend gallery at Ferragudo Marina, selling contemporary original paintings, museum quality canvas prints and Impact Art.

Launch on May 31st and Sunday, June 1st from 3pm to 10pm, with drinks from 8pm on Saturday, May 31st. Call 219 010 365 or 916 141 633.

CONFERENCES

Heraldry talks - Lagoa

The Heraldry Academy of the Algarve in conjunction with the Lagoa Council, have been holding several conferences in the heart of the Lagoa town. Conferences include: June 7th at Lagoa Library – Heraldry in the Algarve by Pedroso da Silva.

June 28th at Lagoa Library – The crossing of the Heraldry culture by Miguel Botto.

Note that all talks are in Portuguese.

Call 936 264 200 for more information.

HEALTH

Medical checkup

Want to check up on your health? Get your blood pressure, cholesterol and other tests done at the Lagoa auditorium.

The checks are free of charge.

CHARITY

Wolf Valley charity to auction painting donated by Almancil artist Adérita Silva

Adérita Silva was born in Almancil and began her artistic development in Paris. There she worked in advertising and fashion design. Advertising and fashion introduced Adérita to painting, and today the many exhibitions she visits each year, coupled with her interest in art history, have helped her develop her true passion for the arts.

Adérita is renowned for her abstract art and its portrayal of passionate sensations, impressions and feelings, working with diverse materials such as canvas, paper, oil, pastel, pigments, fibres and sequins. Whilst there is no cultural current she identifies with, extracting elements that she considers beautiful, the mystery of ancient civilizations, arabesques and oriental culture are a particular inspiration. The result is a highly original and imagination partnership of color, form, movement and texture.

Adérita's roots are in the Algarve and she has created the Algarve Artists Network to collaborate with other regional artists to help develop and encourage culture here. This project has encouraged her involvement in the organization of painting and other art exhibitions throughout the Algarve.

Aderita's paintings are in great demand especially by owners of larger properties. Her studio is in Almancil and she can be contacted at 919 335 400 to arrange viewings. Adérita also undertakes commissions.

The fabulous painting will be on display at Vale do Lobo reception until it is auctioned during the Charity Day dinner.

MUSIC - LISTEN OUT FOR

Fleet Foxes - Ragged Wood. They're from Seattle, and they make glorious music, like The Beach Boys if they'd grown up in the countryside rather than on the West Coast. Ragged Wood is Fleet Foxes' debut, and it's going to be one of the albums of the year.

Dennis Wilson - Pacific Ocean Blue. The one and only solo album from Beach Boy Dennis Wilson was first released in 1977. It went without much fuss back then, but is now hailed as a classic by vinyl lovers. It's now getting a long-awaited CD reissue, complete with bonus material. Buy it.

Alanis Morissette - Flavours Of Entanglement: The Canadian singer never recreated the success of her massive-selling third album Jagged Little Pill, but can she do so with her forthcoming seventh outing? And more importantly, does she sound any happier? Find out on June 2 when it's released.

Paul Weller - 22 Dreams: The Modfather may be turning 50 soon, but 2006's As Is Now proved he'd lost none of the fire that made him a star in the first place. Has the Woking-born artist still got it?

Wolf Valleycharity day at Vale do Lobo May 31st

The Wolf Valley Charity Fund's annual Charity Day is about to take place at Vale do Lobo on May 31st. It is open to everyone.

Charity Day events will include a golf tournament on the Royal and Ocean Course (Four Ball Better Ball Stableford – teams of two - partners can be arranged); tombola; a raffle with excellent prizes; two different wine tastings and a book stall. Bang & Olufsen will be demonstrating the latest in their Home Theatre systems. In the evening there will be pre-dinner drinks followed by a gala dinner/dance at the Vale do Lobo auditorium with catering by the Le Meridien Dona Filipa Hotel. Drawing for the raffle prizes and an auction will take place during the dinner. Prices for the Golf and Dinner are €110; for Golf only €50 and Dinner / Dance only €60.

There are still a few places left golfers and diners. For more details about the Wolf Valley Charity Day and to make golf and dinner bookings contact Vale do Lobo reception at 289 353 322 or 289 353 465, Nevada Bob's Golf at 289 398 436 or Brian Smith at 289 394 716. Donations (cheques can be made out to the Wolf Valley Charity Fund) will be gratefully received.

LOST

Our little alien is lost, but you don't have to be. If you can't make contact because you don't know the number, call DQ on 760 50 60 70

Wolf Valley Charity Fund

Charity Day at Vale do Lobo

Golf Tournament and Dinner Dance

Saturday, 31st May 2008

In aid of local causes

GOLF TOURNAMENT ON THE ROYAL & OCEAN COURSES, PUTTING COMPETITION, DINNER & DANCE, TOMBOLA, RAFFLE, AUCTION, WINE TASTING & OTHER ATTRACTIONS.

- Golf and dinner €110
- Golf only €50 (Buggy €45)
- Dinner only €60

FOR MORE INFORMATION AND APPLICATION FORMS CONTACT VALE DO LOBO RECEPTION T. 289 353 322 or T. 289 353 465; NEVADA BOB'S GOLF T. 289 398 436 OR BRIAN SMITH T. 289 394 716

IN AID OF LOCAL CHARITIES
EVERY ONE IS WELCOME!

VALE DO LOBO ALGARVE

LIVE CONCERTS

COMING SOON — COMING SOON

Weekly updates on the biggest concerts coming your way...

JUNE

Feist – June 10th at Oporto Coliseu from 9pm. Tickets: €23 - €28. June 11th at Aula Magna in Lisbon from 9pm. Tickets: €23 - €30.

Juanes – June 16th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: €25 - €40. June 17th at Oporto Coliseu from 8.30pm. Tickets: €22 - €35.

Comeback Kid – June 19th in Lisbon from 9pm. Tickets: €20.

Men Eater; Birth Signs; Broken Distance – June 20th at Quarteira Sede da Juventude Comunista from 9pm. Tickets: €4.

Jack Johnson – June 26th at Lisbon Pavilhão do Atlântico from 8pm. Tickets: €28 - €40.

Tokio Hotel – June 29th at Lisbon Pavilhão Atlântico from 7.30pm. Tickets: €28 - €40.

JULY

Rita Lee – July 1st at Lisbon Coliseu from 9.30pm. Tickets: €33.50.

James Blunt – July 4th at Lisbon Campo Pequeno. Tickets: €32.50 - €37.50.

Lucky Peterson – July 4th in Portimão. Further info TBA.

Herbie Hancock – July 5th in Loulé. Further info TBA:

Dee Dee Bridgewater – July 11th at Albufeira Golfed a Balaia. Further info TBA.

Manhattan Transfer – July 12th in Portimão. Further info TBA.

Patti Austin – July 13th in Lagoa, Sítio das Fontes. Further info TBA.

Riders on The Storm (The Doors) – July 18th at Hotel Sheraton Pine Cliffs. Further info TBA.

Lou Reed – July 19th at Lisbon Campo Pequeno. July 20th at Loulé Largo do Monumento Duarte Pacheco.

Caetano Veloso – July 25th in Albufeira.

Diana Krall – July 29th at Albufeira in Marina. Further info TBA.

AUGUST

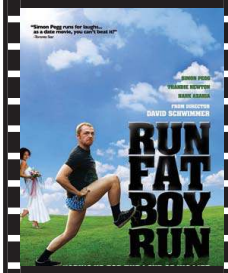
Simply Red – August 1st at Albufeira Herdade dos Salgados. Further info TBA.

The Waterboys – August 11th at Quarteira Rugby site. Further info TBA.

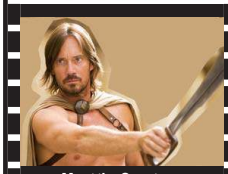
Mariza – August 29th at Loulé, Vale do Lobo. Further info TBA.

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

Forbidden Kingdom



The Ugly Duckling and Me



Meet the Spartans

27 Dresses

Horton Hears a Who

ALGARVE

SBC FORUM ALGARVE
TEL: 289 887 212

29 MAY-4 JUN

1
Iron Man
Robert Downey Jr., Terrence Howard
(12.55 Sat & Sun) 15.40-18.25-21.10 (23.55 Fri & Sat)
2
21
Jim Sturgess, Kevin Spacey
15.45-18.30-21.15 (00.10 Fri & Sat)
Donkey Xote - Animation PV
(11.20 Sat & Sun) 13.25
3
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
(10.55 Sat & Sun) 13.35-16.20-19.05-21.50 (00.30 Fri & Sat)
4
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
14.00-16.30-19.00-21.30 (0.00 Fri & Sat)
5
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
(12.45 Sat & Sun) 15.30-18.15-21.00 (23.45 Fri & Sat)
6
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
(12.40 Sat & Sun) 15.00-17.20-19.40-22.00 (00.20 Fri & Sat)
7
Forbidden Kingdom
Jet Li, Jackie Chan
(11.05 Sat & Sun) 13.30-16.15-18.55-21.40 (00.15 Fri & Sat)
8
La Sconosciuta
Kseniya Rappoport, Michele Placido
14.10-16.50-19.30
We Own the Night
Joaquin Phoenix, Mark Wahlberg
22.10
88 Minutes
Al Pacino, Amy Brenneman
(00.45 Fri & Sat)
Winx Club: The Secret of the Lost Kingdom - Animation
(11.50 Sat & Sun)
9
The Ugly Duckling and Me
Animation PV
(10.10-12.30 Sat & Sun)
My Blueberry Nights
Norah Jones, Jude Law
14.40-16.55-19.05-21.20 (23.40 Fri & Sat)

LUSOMUNDO VILAMOURA
TEL: 289 302 277

29 MAY-4 JUN

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
15.30-18.30-21.30

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220

29 MAY-4 JUN

1
Diary of the Dead
Shawn Roberts, Megan Park
13.15-16.50-19.20-21.35 (23.45 Fri & Sat)
2
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
13.30-16.10-18.50-21.40 (00.20 Fri & Sat)
3
Reservation Road
Joaquin Phoenix, Jennifer Connelly
13.50-16.40-19.10-21.50 (00.10 Fri & Sat)
4
Iron Man
Robert Downey Jr., Terrence Howard
13.10-15.50-18.30-21.15 (23.55 Fri & Sat)
5
Donkey Xote
Animation PV
13.05-15.00-17.00-19.00
Youth Without Youth
Tim Roth, Alexandra Maria Lara
21.00 (23.35 Fri & Sat)
6
Forbidden Kingdom
Jet Li, Jackie Chan
13.40-16.30-18.55-21.25 (23.50 Fri & Sat)
7
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
13.20-16.00-18.40-21.30 (00.05 Fri & Sat)
8
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
13.00-15.40-18.20-21.10 (00.00 Fri & Sat)
9
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
13.35-16.20-19.05-21.20 (23.40 Fri & Sat)

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220

29 MAY-4 JUN

1
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
13.30-16.05-18.45-21.30 (00.10 Fri & Sat)
2
88 Minutes
Al Pacino, Amy Brenneman
13.40-16.10-18.50-21.20 (00.00 Fri & Sat)
3
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
13.35-16.15-18.50-22.00 (00.20 Fri & Sat)
4
The Ugly Duckling and Me
Animation PV
13.55-16.30-18.35
Iron Man
Robert Downey Jr., Terrence Howard
21.10 (23.45 Fri & Sat)
5
Forbidden Kingdom
Jet Li, Jackie Chan
13.50-16.25-19.05-21.50 (00.15 Fri & Sat)
6
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
13.45-16.20-19.00-21.40 (00.05 Fri & Sat)

CENTRE

LUSOMUNDO ALMADA FORUM
TEL: 707 246362

29 MAY-4 JUN

Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Iron Man
Robert Downey Jr., Terrence Howard
Run Fatboy Run
Simon Pegg, Thandie Newton
Reservation Road
Joaquin Phoenix, Jennifer Connelly
Ratatouille
Animation
Shine a Light
Documentary
Meet the Spartans
Carmen Electra, Kevin Sorbo
21
Jim Sturgess, Kevin Spacey
Forbidden Kingdom
Jet Li, Jackie Chan
Fool's Gold
Mathew McConaughey, Kate Hudson
My Blueberry Nights
Norah Jones, Jude Law
P2
Rachel Nichols, Wes Bentley
88 Minutes
Al Pacino, Amy Brenneman

OV = Original Version
PV = Portuguese Version

LUSOMUNDO ALVALÁXIA
TEL: 21 754 9000

29 MAY-4 JUN

Goodnight Irene
Robert Pugh, Nuno Lopes
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
21
Jim Sturgess, Kevin Spacey
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Reservation Road
Joaquin Phoenix, Jennifer Connelly
Iron Man
Robert Downey Jr., Terrence Howard
27 Dresses
Katherine Heigl, James Marsden
Lars and the Real Girl
Ryan Gosling, Emily Mortimer
La Sconosciuta
Kseniya Rappoport, Michele Placido
Night Watching
Martin Freeman, Emily Holmes
My Blueberry Nights
Norah Jones, Jude Law
Triangle
Louis Koo, Simon Yam

LUSOMUNDO AMOREIRAS
TEL: 707 246362

29 MAY-4 JUN

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Heart of the Earth
Catalina Sandino Moreno, Sienna Guillory
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Donkey Xote
Animation PV
Goodnight Irene
Robert Pugh, Nuno Lopes
Iron Man
Robert Downey Jr., Terrence Howard
Reservation Road
Joaquin Phoenix, Jennifer Connelly
La Fille Coupée en Deux <e> Ludivine Sagnier, Benoît Magimel

LUSOMUNDO CASCAISHOPPING
TEL: 707 246362

29 MAY-4 JUN

Iron Man
Robert Downey Jr., Terrence Howard
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Donkey Xote
Animation PV
21
Jim Sturgess, Kevin Spacey
Lars and the Real Girl
Ryan Gosling, Emily Mortimer

LUSOMUNDO COLOMBO
TEL: 707 246362

29 MAY-4 JUN

Donkey Xote
Animation PV
21
Jim Sturgess, Kevin Spacey
Run Fatboy Run
Simon Pegg, Thandie Newton
Iron Man (Digital)
Robert Downey Jr., Terrence Howard
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
88 Minutes
Al Pacino, Amy Brenneman
Forbidden Kingdom
Jet Li, Jackie Chan
Meet the Spartans
Carmen Electra, Kevin Sorbo

OV = Original Version
PV = Portuguese Version

LUSOMUNDO DOLCE VITA MIRAFLORES
TEL: 707 246362

29 MAY-4 JUN

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
27 Dresses
Katherine Heigl, James Marsden
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
The Bucket List
Jack Nicholson, Morgan Freeman
Everyone's Hero
Animation PV

UCI CINEMAS EL CORTE INGLÉS
TEL: 707 23 22 21

29 MAY-4 JUN

La Habitación de Fermat
Luis Homar, Alejo Sauras
Horton Hears a Who
Animation PV
Iron Man
Robert Downey Jr., Terrence Howard
We Own the Night
Joaquin Phoenix, Mark Wahlberg
Donkey Xote
Animation PV
88 Minutes
Al Pacino, Amy Brenneman
My Blueberry Nights
Norah Jones, Jude Law
21
Jim Sturgess, Kevin Spacey
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Forbidden Kingdom
Jet Li, Jackie Chan
Shine a Light
Documentary
Reservation Road
Joaquin Phoenix, Jennifer Connelly
The Bucket List
Jack Nicholson, Morgan Freeman
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
La Sconosciuta
Kseniya Rappoport, Michele Placido
Blade Runner: The Final Cut
Harrison Ford, Rutger Hauer
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Angel
Romola Garai, Sam Neill

LUSOMUNDO FORUM MONTIJO
TEL: 707 246362

29 MAY-4 JUN

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Forbidden Kingdom
Jet Li, Jackie Chan
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Iron Man
Robert Downey Jr., Terrence Howard
Alvin and the Chipmunks
Jason Lee, David Cross PV
The Ugly Duckling and Me
Animation PV

UCI CINEMAS FREEPORT
TEL: 707 23 22 21

29 MAY-4 JUN

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Iron Man
Robert Downey Jr., Terrence Howard
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Forbidden Kingdom
Jet Li, Jackie Chan
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Horton Hears a Who
Animation PV
27 Dresses
Katherine Heigl, James Marsden
10,000 BC
Steven Strait, Camilla Belle
Reservation Road
Joaquin Phoenix, Jennifer Connelly
Winx Club: The Secret of the Lost Kingdom
Animation PV
The Bucket List
Jack Nicholson, Morgan Freeman
The Mist
Thomas Jane, Nathan Gamble
Fool's Gold
Mathew McConaughey, Kate Hudson

LUSOMUNDO ODIVELAS PARQUE
TEL: 707 246362

29 MAY-4 JUN

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Forbidden Kingdom
Jet Li, Jackie Chan
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Horton Hears a Who
Animation PV
Iron Man
Robert Downey Jr., Terrence Howard
We Own the Night
Joaquin Phoenix, Mark Wahlberg
P2
Rachel Nichols, Wes Bentley

LUSOMUNDO OEIRAS PARQUE
TEL: 707 246362

29 MAY-4 JUN

The Bucket List
Jack Nicholson, Morgan Freeman
Reservation Road
Joaquin Phoenix, Jennifer Connelly
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Iron Man
Robert Downey Jr., Terrence Howard
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Donkey Xote
Animation PV
21
Jim Sturgess, Kevin Spacey
The Ugly Duckling and Me
Animation PV
Happily N'Ever After
Animation

LUSOMUNDO TORRES VEDRAS
TEL: 707 246362

29 MAY-4 JUN

Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Iron Man
Robert Downey Jr., Terrence Howard
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Forbidden Kingdom
Jet Li, Jackie Chan
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Happily N'Ever After- Animation PV

LUSOMUNDO VASCO DA GAMA
TEL: 707 246362

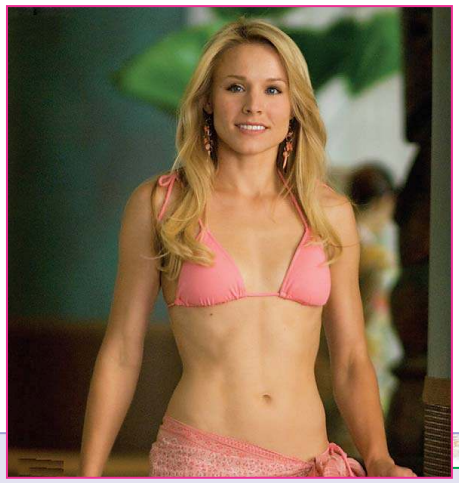
29 MAY-4 JUN

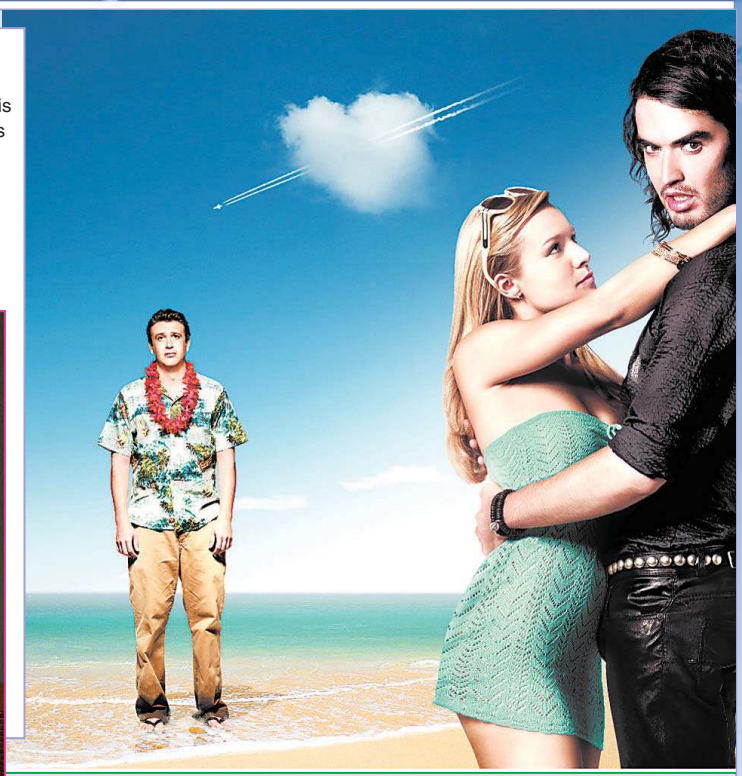
Barnyard
Animation PV
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Iron Man (Digital)
Robert Downey Jr., Terrence Howard
Donkey Xote
Animation PV
The Bucket List
Jack Nicholson, Morgan Freeman
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Heart of the Earth
Catalina Sandino Moreno, Sienna Guillory

OV = Original Version
PV = Portuguese Version

Struggling musician Peter Bretter (Jason Segel) has spent six years idolizing his girlfriend, television star Sarah Marshall (Kristen Bell). He is the guy left holding her purse in paparazzi photos and accidentally omitted from acceptance award speeches. But his world is rocked when she dumps him and Peter finds himself alone. After an unsuccessful bout of womanizing and an on-the-job nervous breadown, he sees that not having Sarah may just ruin his life.

To clear his head, Peter takes an impulsive trip to Oahu, where he is confronted by his worst nightmare: his ex and her tragically hip new British-rocker boyfriend, Aldous (Russell Brand), are sharing his hotel. But as he torments himself with the reality of Sarah's new life, he finds relief in a flirtation with Rachel (Mila Kunis), a beautiful resort employee whose laid-back approach tempts him to rejoin the world.





In 1888, a powerful English company exploits the mines of Riotinto, in Huelva. Blanca Bosco (Catalina Sandino Moreno) and her English friend Kathleen (Sienna Guillory), are witnesses of the miserable living conditions of the workers and of the terrible air pollution that involves all the region. The arrival of revolutionary Maximiliano to the town brings hope for all. Thousands of people follow him in a peaceful demonstration: the first ecological awareness in History. Around fifty soldiers of the Spanish army quickly take position, ready to open fire in the Riotinto Square and... Tragedy becomes a reality.

Fifteen years later, a painful scar still remains silent and deep in the hearts of all... "The year of the shots", when Blanca and Kathleen, become beautiful youths, receive the new director of the mine Walter Baxter (Joaquim of Almeida) and his handsome bodyguard Robert (Philip Winchester), upon their arrival from the U.S.A.. But the revolutionary tension survives in Riotinto and Baxter wants to install order, but will have to make a painful decision. His faithful friend Robert, is having a triangular love affair with both Blanca and Kathleen.

CELEB NEWS

Multi-hyphenated filmmaker **Sydney Pollack**, who won a director's Oscar for 1985's *Out of Africa* and received nominations for directing 1969's *They Shoot Horses Don't They?* and 1982's *Tootsie*, died May 26th after a year-long battle with cancer. He would have turned 74 on July 1. Pollack also produced numerous films, including last year's *Michael Clayton*, in which he also had a prominent acting role, portraying **George Clooney**'s lawyer boss. In a statement, Clooney said, "Sydney made the world a little better, movies a little better and even dinner a little better. ... He'll be terribly missed". «»» When the final tally of Memorial Day weekend ticket sales in the US is calculated, ***Indiana Jones and the Kingdom of the Crystal Skull*** is expected to wind up with $311.1 million worldwide, with about $151.1 million of that amount coming from the U.S. and Canada, according to Paramount Pictures, its distributor. The movie reportedly got a boost from 30- and 40-year-old moviegoers, a demographic group that is more selective about the films it takes in than the teens and 20-year-olds who make up the primary movie-going audience. "That [older] audience was excited to see the movie and excited to bring their kids with them," Paramount distribution chief Rob Moore told Reuters. The expected $151.1-million Memorial Day gross in the U.S. was surpassed only by the $153 million that ***Pirates of the Caribbean: At World's End*** took in over the same holiday weekend last year. «»» **Robert Downey, Jr.** has been tipped to play legendary porn mogul **Hugh Hefner** in a big-screen biopic, after reportedly impressing the Playboy entrepreneur with his lead role in *Iron Man*. Veteran lothario Hefner was so pleased with the former hellraiser's portrayal of wealthy playboy Tony Stark in this year's comic blockbuster, he is desperate to sign him up for the role. According to Illinois newspaper the Chicago Sun-Times, Hefner wants Downey Jr. to start shooting the movie, entitled Playboy, next summer . And the Golden Globe-winner is said to be keen to take on the role of Hefner, as long as the script is right. *Apollo 13* filmmaker Brian Grazer has already been signed up as the film's producer, according to the publication. «»» **Jake Gyllenhaal** has been signed to star in Disney's *Prince Of Persia: Sands Of Time*, after months of speculation surrounding the movie's male lead. The *Brokeback Mountain* star has been confirmed to play the title's Prince Daston in moviemaker **Jerry Bruckheimer**'s film adaptation of the hit computer game, according to industry publication *Hollywood reporter*. Initially, reports suggested British actor **Orlando Bloom** was to play the lead, with speculation suggesting he was set to received a huge $40 million fee for the role. But the reports were denied by Disney last month. The film will also star Bond Girl **Gemma Arterton**, and is slated to be directed by *Harry Potter And The Goblet Of Fire* filmmaker **Mike Newell**. Work on the epic movie will start on June 19 at U.K. based Pinewood Studios, with location work in Morocco. *Sands Of Time* will be the first in a trilogy of films based on the games. «»»

NORTH

UCI CINEMAS ARRÁBIDA SHOPPING
TEL: 707 23 22 21
29 MAY-4 JUN

What Happens in Vegas
Cameron Diaz, Ashton Kutcher
88 Minutes
Al Pacino, Amy Brenneman
La Habitación de Fermat
Luis Homar, Alejo Sauras
My Blueberry Nights
Norah Jones, Jude Law
Meet the Spartans
Carmen Electra, Kevin Sorbo
We Own the Night
Joaquin Phoenix, Mark Wahlberg
Horton Hears a Who- Animation PV
27 Dresses
Katherine Heigl, James Marsden
La Sconosciuta
Kseniya Rappoport, Michele Placido
Fool's Gold
Mathew McConaughey, Kate Hudson
Reservation Road
Joaquin Phoenix, Jennifer Connelly
Iron Man
Robert Downey Jr., Terrence Howard
Forbidden Kingdom
Jet Li, Jackie Chan
21
Jim Sturgess, Kevin Spacey
Run Fatboy Run
Simon Pegg, Thandie Newton
Heart of the Earth
Catalina Sandino Moreno, Sienna Guillory
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Donkey Xote
Animation PV
P2
Rachel Nichols, Wes Bentley
The Bucket List
Jack Nicholson, Morgan Freeman
Dan in Real Life
Steve Carell, Juliette Binoche
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
Forgetting Sarah Marshal
Jason Segel, Kristen Bell

LUSOMUNDO FORUM AVEIRO
TEL: 707 246362
29 MAY-4 JUN

Shrek the Third - Animation PV
My Blueberry Nights
Norah Jones, Jude Law
Cashback
Sean Biggerstaff, Emilia Fox
Iron Man
Robert Downey Jr., Terrence Howard
Reservation Road
Joaquin Phoenix, Jennifer Connelly
Shine a Light
Documentary
The Bucket List
Jack Nicholson, Morgan Freeman
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf

LUSOMUNDO GLICÍNIAS
TEL: 707 246362
29 MAY-4 JUN

Forgetting Sarah Marshal
Jason Segel, Kristen Bell
P2
Rachel Nichols, Wes Bentley
Forbidden Kingdom
Jet Li, Jackie Chan
Iron Man
Robert Downey Jr., Terrence Howard
21
Jim Sturgess, Kevin Spacey
Bee Movie
Animation PV
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
What Happens in Vegas
Cameron Diaz, Ashton Kutcher

LUSOMUNDO DOLCE VITA COIMBRA
TEL: 707 246362
29 MAY-4 JUN

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Reservation Road
Joaquin Phoenix, Jennifer Connelly
The Bucket List
Jack Nicholson, Morgan Freeman
My Blueberry Nights
Norah Jones, Jude Law
Iron Man
Robert Downey Jr., Terrence Howard
Goodnight Irene
Robert Pugh, Nuno Lopes
Shine a Light
Documentary
One Night with the King
Tiffany Dupont, Luke Gross
Donkey Xote - Animation PV
La Sconosciuta
Kseniya Rappoport, Michele Placido
We Own the Night
Joaquin Phoenix, Mark Wahlberg
Miss Petigrew Lives for a Day
Frances McDormand, Amy Adams

LUSOMUNDO FORUM COIMBRA
TEL: 707 246362
29 MAY-4 JUN

P2
Rachel Nichols, Wes Bentley
Meet the Spartans
Carmen Electra, Kevin Sorbo
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Fool's Gold
Mathew McConaughey, Kate Hudson
Iron Man
Robert Downey Jr., Terrence Howard
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Forgetting Sarah Marshal
Jason Segel, Kristen Bell

LUSOMUNDO FOZPLAZA
TEL: 707 246362
29 MAY-4 JUN

Horton Hears a Who - Animation PV
Happily N'Ever After
Animation
Meet the Spartans
Carmen Electra, Kevin Sorbo
Fool's Gold
Mathew McConaughey, Kate Hudson
Iron Man
Robert Downey Jr., Terrence Howard
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Reservation Road
Joaquin Phoenix, Jennifer Connelly

LUSOMUNDO FERRARA PLAZA
TEL: 707 246362
29 MAY-4 JUN

Donkey Xote
Animation PV
Meet the Spartans
Carmen Electra, Kevin Sorbo
Iron Man
Robert Downey Jr., Terrence Howard
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
27 Dresses
Katherine Heigl, James Marsden

LUSOMUNDO DOLCE VITA DOURO
TEL: 707 246362
29 MAY-4 JUN

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Bucket List
Jack Nicholson, Morgan Freeman
Donkey Xote
Animation PV
Meet the Spartans
Carmen Electra, Kevin Sorbo
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Iron Man
Robert Downey Jr., Terrence Howard
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Fool's Gold
Mathew McConaughey, Kate Hudson

LUSOMUNDO FORUM VISEU
TEL: 707 246362
29 MAY-4 JUN

Forbidden Kingdom
Jet Li, Jackie Chan
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Ratatouille
Animation PV
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Iron Man
Robert Downey Jr., Terrence Howard
Things we Lost in the Fire
Halle Berry, Benicio Del Toro

LUSOMUNDO FORUM VIZELA
TEL: 707 246362
29 MAY-4 JUN

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Donkey Xote
Animation PV
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
Dan in Real Life
Steve Carell, Juliette Binoche

LUSOMUNDO BRAGA PARQUE
TEL: 707 246362
29 MAY-4 JUN

Dan in Real Life
Steve Carell, Juliette Binoche
Forbidden Kingdom
Jet Li, Jackie Chan
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Iron Man
Robert Downey Jr., Terrence Howard
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
88 Minutes
Al Pacino, Amy Brenneman

LUSOMUNDO DOLCE VITA PORTO
TEL: 707 246362
29 MAY-4 JUN

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Forbidden Kingdom
Jet Li, Jackie Chan
Iron Man
Robert Downey Jr., Terrence Howard
Donkey Xote
Animation PV
21
Jim Sturgess, Kevin Spacey
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Heart of the Earth
Catalina Sandino Moreno, Sienna Guillory
The Bucket List
Jack Nicholson, Morgan Freeman

LUSOMUNDO MAIA SHOPPING
TEL: 707 246362
29 MAY-4 JUN

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Iron Man
Robert Downey Jr., Terrence Howard
Meet the Spartans
Carmen Electra, Kevin Sorbo
Lars and the Real Girl
Ryan Gosling, Emily Mortimer
Happily N'Ever After
Animation

LUSOMUNDO NORTE SHOPPING
TEL: 707 246362
29 MAY-4 JUN

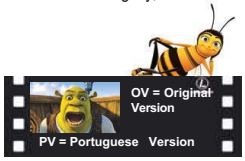
Reservation Road
Joaquin Phoenix, Jennifer Connelly
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Iron Man
Robert Downey Jr., Terrence Howard
Fool's Gold
Mathew McConaughey, Kate Hudson
Run Fatboy Run
Simon Pegg, Thandie Newton
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Bee Movie
Animation PV
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf

LUSOMUNDO GAIA SHOPPING
TEL: 707 246362
29 MAY-4 JUN

Dan in Real Life
Steve Carell, Juliette Binoche
Cashback
Sean Biggerstaff, Emilia Fox
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Horton Hears a Who
Animation PV
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Iron Man
Robert Downey Jr., Terrence Howard
Fool's Gold
Mathew McConaughey, Kate Hudson
Meet the Spartans
Carmen Electra, Kevin Sorbo
Forbidden Kingdom
Jet Li, Jackie Chan

LUSOMUNDO PARQUE NASCENTE
TEL: 707 246362
29 MAY-4 JUN

Forbidden Kingdom
Jet Li, Jackie Chan
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Iron Man (Digital)
Robert Downey Jr., Terrence Howard
21
We Own the Night
Meet the Spartans
Carmen Electra, Kevin Sorbo
Dan in Real Life
Steve Carell, Juliette Binoche
My Blueberry Nights
Norah Jones, Jude Law
Donkey Xote
Animation PV
P2
Rachel Nichols, Wes Bentley
We Own the Night
Joaquin Phoenix, Mark Wahlberg
Fool's Gold
Mathew McConaughey, Kate Hudson



North

PORTO

Daily

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com

Daily

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (Museum & Casa de Serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • serralves@serralves.pt • www.serralves.pt

Until 13 July

Exhibition 'Violência Institucional e Poética' (Institutional and Poetic Violence) by Anne-Lise Coste, Tatjana Doll and Eric van Liesdhout at Museu de Serralves • The artists show with objectivity the relation between societies and institutionalization and subvertion of power • Serralves Museum • Tel: 226156500 / 543 / 584 • www.serralves.pt

GUIMARÃES

20 June

Café-Concerto (Coffee-Concert) presents Gonçalo Marques Jazz Trio • Gonçalo Marques, trumpet; Demian Cabaud, double bass; Bruno Pedroso, drums • Price: €2.5 • Centro Cultural Vila Flor • Av. D. Afonso Henriques, 701 • 253424700 • www.aoficina.pt

Until 27 Jul

Art Exhibition by José Loureiro • Daily (except Monday) at Centro Cultural Vila Flor • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

Centre

CASCAIS

Daily

Cascais Cultural Centre • 10h00 to 18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900

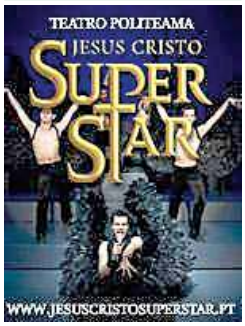
ESTORIL

Daily

Casino Estoril • Praça José Teodoro dos Santos • Tel: 214 667 700 • Fax: 214 667 965 • Email: info.cestoril@estoril-sol.com • www.casino-estoril.pt

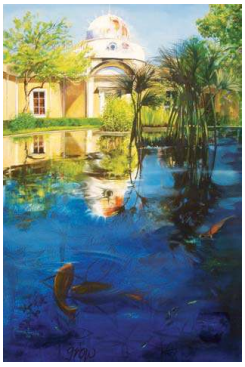
LISBOA

On Show



The Politeama Theatre presents 'Jesus Christ Superstar', the famous opera from Andrew Lloyd Webber and Tim Rice, on stage for 10 months have been seen by thousands of spectators who are unanimous in considering the show an unique and unmissable performance of this rock opera • Teatro Politeama is situated on Rua Portas de Stº Antão, nº 109 • Tickets from €20 to €35 • Tickets: Fnac shops, Abep and Alvalade Agencies • 213245500 • www.ticketline.pt • reservas@jesuscristosuperstar.pt

Until 31 May



Exhibition 'O JARDIM' by Rebecca Rason Flor Ferreira, Heather Taylor, Richard Hartnoll and Bartha de Kok • paintings, drawings and photography • Sala do Veado in the Museum of Natural History • 14h30-17h • R. Escola Politécnica • Open daily except Mondays • Admission: free • www.flourishingart@blogspot.com

Daily

The landau where King of Portugal D. Carlos and his son, Prince D. Luís Filipe followed, when they were murdered a hundred years ago, integrates the exhibition dedicated to the monarch that will be patent in the Museu Nacional dos Coches (National Coach Museum) • The museum is set in a 17th century riding school • 10h00-17h30 (Closed Mon & holidays) • Afonso de Albuquerque Sq. • 213610850 • museudoscoches-ipmuseus.pt

Until 22 June

Exhibition 'Leonardo da Vinci – O Génio' (Leonardo da Vinci – The Genius) at *Picadeiro do Colégio dos Nobres*, *Museus da Politécnica* (Polytechnic Museums). On show are dozens of life size models built from Da Vinci's drawings, along with other pieces inspired on the life and work of the Italian painter, sculptor, scientist, architect, engineer and inventor, considered one of the greatest geniuses of humanity. In parallel with the show, there are pedagogical activities for the young ones. A series of conferences will take place simultaneously, in Amphitheatre 2 of the Calouste Gulbenkian Foundation. The exhibition 'Leonardo da Vinci – the Genius' is sponsored by Millennium BCP and promoted by Grafinvest • Mon-Fri: 10h-18h; weekends & holidays: 10h-20h • Rua da Escola Politécnica, 60 • 210997841 / 210997843 / 210997847 • www.leonardodavinciogenio.com

SINTRA

Daily

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Alguei-rão Velho, Fitares and Meleças • Tel: 219164303 • Fax: 219236150

www.the-news.net

South

ALMANCIL

11 & 14 June

Concert by Jack Liebeck (violin) and Katya Apekisheva (piano) at Centro Cultural São Lourenço • 19h30 • For reservations or more information, please call: 289395475

LAGOA

Until 1 June

Citizens' Fair
Children's Fair
Book Fair

Autitório Municipal de Lagoa (Lagoa Municipal Auditorium)

Until 13, 14 June

Until 17th June

Painting Exhibition 'Memories' by Anna Rubin • Escola de Artes de Lagoa • R. Carlos Damaia • 282380462

LAGOS

7 June

St. Vincent's Summer Mini-Fayre at Casa Palmeiras Gémeas, Almádena (West of Lagos) from 10h30 to 14h30 • Books, ladies fashions, home produce, paintings, gifts, jewellery, tombola, raffle, and much more • Info: 918966015

PORTIMÃO

Until 12 June

Music from parents to children • Music for babies from 0 to 24 months • Call the City Hall for more information or visit the site www.cm-portimao.pt

Concert by ***Orquestra do Algarve*** and ***Orquesta de Extremadura*** (Spain) on **31st May**, at **Portimão Arena**. The orchestras will perform works from Richard Wagner and Hector Berlioz. For more information, please call: *Tel:* ***289 860 890-6***
comunicacao@orquestradoalgarve.com
www.orquestradoalgarve.com

Disney's Aladdin Jr.

Amazing event that will take place at St. Dominic's International School on the 6th and 7th of June in the Old Gym. The Junior School will be presenting the musical drama of Disney's Aladdin.
St Dominic's International School, Portugal
Rua Maria Brown, Outeiro de Polima
2785-816 S Domingos de Rana
Portugal
Tel + 351 21 448 0550
Fax + 351 21 444 3072

David Norris
"Do You Hear What I'm Seeing"
JOYCE
The Irish Association presents
Friday 6th June 2008
Casa Fernando Pessoa
Rua Coelho da Rocha, 16
Lisboa 1250-088
Time: 7pm for 7.30pm
Admission free

Summer Dance & Singing Workshop in Lagos 14.07. - 19.07.08 with international tutors:

New Style - (Flying Steps) - GER
B-Boying-Breakdance - (Flying Steps) - GER
Popping&Locking - (Flying Steps) - GER
New Age Hip Hop - (Dance2xs) - UK
Lyrical Jazz Dance - Darcy Grant (PT/USA)
Singing Classes - Pat Silva (PT/GER)

workshop de dança & de canto
14/07/2008 | 18/07/2008
Esc. Gil Eanes | Espaço Jovem
flying steps

More info:
www.sanderdance.com
Tel. 282764224

The Bon-Bon (Sesmarias) proudly presents 'Jazz on a Friday'
Every Friday from 20h00 to 11h00 Dine and listen to the stylish
JazzSilk (duo)
Easy-listening – cool, smooth, romantic Latin-Jazz
Tel: 282 341 496 for reservations

'EAST ALGARVE WALKS'
- Every Tuesday Evening -
For more information, call Brian on: 913 595 868
moonlightservices@yahoo.co.uk
www.moonlightservices.eu

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Take on the Takeaway. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Tennis. (T) 2.10 Live Rugby League. Leeds Rhinos v Wigan Warriors (Kick-off 2.30pm). (T) 4.30 BBC News; Regional News; Weather. (T) 4.50 My Family. (R) (T)

5.20 The Kids Are All Right. John Barrowman hosts the game show in which a group of children including chess champions, master spellers and maths geniuses challenge adults in a battle of wits. (T)

6.00 I'd Do Anything. It's decision time as the talent search reaches its finale and the choice of hopeful to play Nancy in the revival of Oliver! is handed to viewers voting at home. The results will be revealed at 8.45pm. (T)

7.00 Doctor Who. Part one of two. The Tardis takes Donna and the Doctor to the universe's largest library, which was sealed up and abandoned 100 years ago amid stories of terrifying living shadows within. With guest stars Alex Kingston, Colin Salmon and Steve Pemberton. (T)

7.45 Casualty. Charlie is unhappy when the new minor injuries unit opens and accuses its manager of "canvassing for customers". The additional filing causes problems for Noel, but Ruth comes to his aid when he makes a mistake which could have devastating consequences. Jessica and Adam spend the day flirting. (T)

8.35 The National Lottery Draws. Jenni Falconer sets the balls rolling to decide the all-important Thunderball and Lotto numbers. (T)

8.45 I'd Do Anything. The remaining hopefuls finally discover who will be treading the boards of the West End stage to play Nancy in Cameron Mackintosh's production of Oliver! as the results of the viewer votes are announced live. Graham Norton presents. Last in series. (T)

9.15 BBC News; Weather. (T)

9.35 FILM: Starsky & Hutch (2004). Tongue-in-cheek big-screen version of the classic Seventies cop show, starring Ben Stiller and Owen Wilson as the detective duo, who set out to track down a drug dealer; (T) National Lottery Update. (T)

11.10 FILM: The Girl Next Door (2004). Romantic comedy, starring Emile Hirsch. (T)

12.50 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 1.55 BBC News. (T)

Pick of the Day

Britain's Got Talent (ITV1 Granada, 6.50pm)
At last! One of the highlights of the television calendar is finally here and, after a six-week search, judges Simon Cowell, Amanda Holden and Piers Morgan finally decide who will succeed Paul Potts and take home a cheque for £100,000 and land a prestigious slot at the Royal Variety Performance. It's certainly been a series to remember and once we'd all laughed at some of the hilarious auditions in the opening rounds, it was time to get down to a gripping talent search as Simon, Amanda and Piers scoured the nation for singers, dancers, comedians and other unique acts that provided endless amounts of entertainment. It turned out that the judges had a tough job on their hands, as people from all walks of life emerged from the four corners of the country to impress the nation. Who can forget Austin Blackburn's considerable skills with the humble DIY saw or Jeremy Lynch's freestyle football tricks in the earlier rounds? These two acts were just the tip of the iceberg and tonight, Ant and Dec preside as the final 10 acts battle it out to become this year's winner.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Supernormal. (T) 9.40 Emu. (R) (T) 9.55 Tricky Quickies. (R) (T) 10.00 My Parents Are Aliens. (R) (T) 10.30 Tricky Quickies. (R) (T) 10.35 Crocodile Hunter Diaries. (R) (T) (S) 11.05 FILM: Mutiny on the Buses (1972). Comedy spin-off, starring Reg Varney. (T) 12.45 ITV News and Weather. (T) 12.55 London Today; Weather. (T) 1.00 Britain's Got Talent. (R) (T) 2.30 FILM: The Karate Kid (1984). Martial arts adventure, starring Ralph Macchio. (T) 4.55 London Tonight; Weather. (T)

5.10 ITV News and Weather. (T)

5.20 You've Been Framed! A selection of camcorder calamities, including a farm worker run over by his own tractor, and footage of clever canines speaking English and performing a handstand on just one paw. (R) (T)

5.50 All Star Mr & Mrs. With Theo Walcott, Robin Gibb and Steve Backley. Last in series. (T)

6.50 Britain's Got Talent: The Final. The final acts perform. The results are at 9.30pm. (T)

8.30 An Audience with Neil Diamond. The US singer-songwriter performs a selection of his greatest hits, including America and I Am, I Said, as well as answering questions put to him by members of the celebrity audience about his life and career. He also sings new track Pretty Amazing Grace, from his latest album Home Before Dark. (T)

9.30 Britain's Got Talent: The Final Results. The viewers' votes are counted and the winning act, securing a slot at the Royal Variety Performance, is revealed. Ant and Dec host with judges Simon Cowell, Amanda Holden and Piers Morgan. (T)

10.00 Pushing Daisies. Chuck learns the most shocking secret of her life and refuses to forgive Ned. In a bid to take the pie maker's mind off her, Emerson gets him to help solve the mystery of a man killing life insurance agents and burying them in snow, and the aunts' antidepressant-laced pies begin to cause hallucinogenic effects. Last in series, with Anna Friel and Lee Pace. (T)

11.00 ITV News and Weather; Weather. (T)

11.15 FILM: Coyote Ugly (2000). Romantic comedy, starring Piper Perabo. (T)

1.05 Nightwatch with Steve Scott: Emergency; (R) (T) ITV News Headlines. 2.00 FILM: The Adventures of Pluto Nash (2002). Sci-fi comedy, starring Eddie Murphy. (T) 3.30 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 WITCH. (R) (T) 7.35 Trollz; (R) (T) Bernard. (R) (T) 8.00 The Sorcerer's Apprentice; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 8.35 Even Stevens. (R) (T) 9.00 Escape from Scorpion Island. (R) (T) 9.30 Escape from Scorpion Island. (R) (T) 9.55 50/50. (R) (T) 10.25 The Slammer. (R) (T) 10.55 What's New Scooby-Doo? (R) (T) 11.15 Beat the Boss. (R) (T) 11.45 Sportsround. (T) 12.00 BBC Switch: Kyle XY. (T) 12.45 BBC Switch: Class of 2008. (T) 1.15 BBC Switch: Sound. (T) 1.45 BBC Switch: The Surgery. (T) 2.05 BBC Switch: Meta4orce. (T) 2.15 FILM: The First Great Train Robbery (1978). Suspense thriller, starring Sean Connery. (T) 4.00 Monk. (T) 4.45 FILM: Seven Men from Now (1956). Western, starring Randolph Scott. (T) 6.00 Wild China. (R) (T) 7.00 Dad's Army. The makeshift platoon throw themselves into their new roles as German soldiers for an Army training film. (R) (T) 7.30 The Supersizers Go. Giles Coren and Sue Perkins taste the cuisine of the 1660s. (R) (T) 8.30 Andrew Marr's History of Modern Britain. Life in Britain in the 1960s and 1970s. (R) (T) 9.30 Have I Got a Bit More News for You. Special extended version, with guest host Alexander Armstrong. (T) 10.10 The Funny Side of the News. (R) (T) 11.10 The Apprentice. (R) (T) 12.10 The Apprentice: You're Fired! (R) (T) 12.40 The Graham Norton Show. (R) (T) 1.25 FILM: Italian for Beginners (2000). Premiere. Comedy drama, starring Anders W Berthelsen. 3.15 Mad Men. (R) (T) 4.05 Monk. (R) (T) 4.50 Close.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.25 T4: The Green Room. (R) (T) 9.55 T4: Shipwrecked 2008: Battle of the Islands. (R) (T) 11.00 T4: Shipwrecked 2008: The Third Island. (R) (T) 11.35 T4: Pussycat Dolls Present: Girlicious. (T) 12.35 T4: Shipwrecked 2008: The Hutcam Diaries. (T) 1.00 T4: Pussycat Dolls Present: Girlicious. (T) 2.00 Channel 4 Racing from Goodwood, Haydock Park and York. Including the 3.15 Stowe Family Law Grand Cup Stakes (1m 6f). (T) 4.15 Deal or No Deal. (T) 5.00 Jamie at Home. (R) (T) 5.35 Come Dine with Me. (R) (T) 6.35 Channel 4 News. (T) 7.00 River Cottage Spring. Hugh Fearnley-Whittingstall cooks using produce from Britain's abundant spring harvest, including asparagus, artichokes and lamb. Plus news of the Chicken Out! campaign. (R) (T) 8.00 In the Shadow of the Moon. Documentary examining the Apollo space programme which, between 1968 and 1972, sent a series of spacecraft to the moon. Featuring in-depth interviews with surviving astronauts. (T) 10.00 FILM: Blade II (2002). The half-vampire swordsman teams up with his lifelong foes to defeat a horde of mutant bloodsuckers. Gory horror sequel, starring Wesley Snipes and Kris Kristofferson. (T) 12.05 European Poker Tour. (T) 1.35 FILM: Rock Star (2001). Drama, starring Mark Wahlberg. (T) 3.25 Empires of Stone. (R) (T) 4.25 St Elsewhere. (R) 5.15 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Harry and His Bucket Full of Dinosaurs. (R) (T) 7.10 Sailor Sid. (R) (T) 7.15 Little Princess. (R) (T) 7.35 The Beeps. (R) (T) 7.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.10 The Milkshake! Show. (T) 8.40 Hana's Helpline. (R) (T) 8.55 The Mr Men Show. (R) (T) 9.10 Gerald McBoing Boing. (T) 9.40 Mist: Sheepdog Tales. (R) (T) 10.00 Build a New Life in the Country - Was It Worth It? (R) (T) 11.00 The Family Recipe. (T) 11.10 Neighbours. (T) 12.55 FILM: Kermit's Swamp Years (2002). Comedy adventure, starring Kermit the Frog. (T) 2.30 FILM: Captain Horatio Hornblower RN (1951). Swashbuckling adventure, starring Gregory Peck. (T) 4.40 FILM: Murder at the Presidio (2005). Thriller, starring Lou Diamond Phillips. (T) 6.20 Police Interceptors. (R) (T) 7.10 five news and sport. (T) 7.25 NCIS. Tony and Ziva disappear while looking for smuggled weapons at a shipyard, leaving their team-mates struggling to find them before they come to serious harm. Michael Weatherly stars. (R) (T) 8.20 NCIS. A Navy officer who knows the location of nuclear weapons components is abducted, and the team try to identify the kidnapper before the situation deteriorates. (R) (T) 9.15 CSI: NY. Mac becomes involved in a hostage situation. Last in series. (T) 10.15 Law & Order. (T) 11.15 True CSI. (T) 12.15 Quiz Call. 1.00 Live NHL Ice Hockey. Pittsburgh Penguins v Detroit Red Wings. 4.20 Race and Rally UK. (R) 4.45 Out of Practice. (R) (T) 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0630 Childrens TV 0655 Brinca Comigo 0800 Bom dia Portugal 1100 Mudar de Vida 1130 A Ilha Prodigiosa 1230 Contra 1300 News 1415 Top + 1545 Dança Comigo – Special Euro 2008 1815 Football: Portugal V Georgia 2000 News 2100 a Voz do Cidadão 2115 Dança Comigo 0015 Without a Trace 0145 A Minha Vida por Um Fio 0345 Denicracia? Estamos a Vigiar-vos 0445 A Hora da Sorte 0500 Top + 0615 Euro News

RTP2
0700 Euronews 0730 África 7 Dias 0800 Universidade Aberta 1000 A Alma e A Gente 1030 Próxima Paragem 1115 Encontros Imediatos 1145 Bastidores 1215 Reclame 1300 Tokio Hotel Live 1400 Parlamento 1500 Sport 2 1730 Zig Zag 1900 Kaboom 2030 Arte & emoção 2100 Diga lá Excelência 2145 A Hora da Sorte 2200 News 2240 Nos Passos de Magalhães 2300 Um Rio, film 0115 A Alma e a Gente 0145 Sport 0545 Euronews

SIC
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1030 Chiquititas 1200 Our World 1300 News 1400 Episódio Especial 1500 Football: Portugal V Holand 1700 Film TBA 2000 News 2130 O Mundo é Pequeno 2230 Desejo Proibido 2330 Duas Caras 0030 CSI Miami 0230 Quando O Telefone Toca 0400 China Strike Force

TVI
0700 Children TV 0930 Smackdown Wrestling 1100 Delux 1215 Operação Portugal 1300 Jornal da Uma 1400 Bulletproof, film 1800 Bring it On: All Or Nothing, film 2000 News 2130 Morangos com Açucar 2230 Fascínios 2230 2345 Deixa-me Amar 0045 Big Momma's House II, film

Best of the Rest

BBC3
7.00 The Real Hustle 7.30 The Real Hustle 7.45 Doctor Who Confidential 8.30 Top Gear 9.30 Little Britain 10.00 Film: Shall We Dance? 12 (2004) 11.40 Two Pints of Lager and a Packet of Crisps 12.10 Two Pints of Lager and a Packet of Crisps 12.40 Scallywagga 1.05 American Dad! 1.30 American Dad! 1.50 Glamour Girls 2.20 The Real Hustle 2.50 Two Pints of Lager and a Packet of Crisps 3.20 Two Pints of Lager and a Packet of Crisps 3.50 Scallywagga 4.20 Glamour Girls 4.50 Close

BBC4
7.00 The Book Quiz 7.30 The Book Quiz 8.00 Graham Hill - Driven 9.00 Oliver Twist 10.00 Broken Trail 11.30 Montana Cowboys 12.30 Mad Men 1.15 Mad Men 2.05 The Book Quiz 2.35 The Book Quiz 3.05 Montana Cowboys 4.05 Close

ITV2
1.00 Beat the Star 2.15 Movies Now 2.30 Britain's Got More Talent 3.30 The Planet's Funniest Animals 3.50 Pushing Daisies 4.50 Gossip Girl 5.50 Film: Back to the Future Part III PG (1990) 8.00 Superstar Money: Gone Bad 8.30 Britain's Got More Talent: The Final 9.30 Katy Brand's Best Bits 10.00 Britain's Got More Talent: The Final Result 11.00 Katie & Peter: The Next Chapter 12.00 Britain's Got Talent: The Final 1.45 Britain's Got Talent: The Final Results 2.15 Britain's Got More Talent: The Final Result 3.15 Movies Now 3.30 Emmerdale

Sky One
1.00 Project Runway 2.00 Malcolm in the Middle 2.30 Malcolm in the Middle 3.00 Malcolm in the Middle 3.30 Malcolm in the Middle 4.00 Malcolm in the Middle 4.30 Futurama 5.00 Futurama 5.30 Futurama 6.00 Gladiators 7.00 Futurama 7.30 Futurama 8.00 Road Wars 9.00 Road Wars 10.00 Road Wars 11.00 Law & Order 12.00 Prison Break 1.00 Street Wars 1.50 The Villa 2.40 Mile High 3.30 Australia Uncovered 4.20 Australia Uncovered 5.10 Guilty!

UKTV Gold
1.00 Porridge 1.40 Only Fools and Horses 2.20 The Vicar of Dibley 3.00 Only Fools and Horses 4.50 Last of the Summer Wine 5.30 Only Fools and Horses 6.10 The Vicar of Dibley 7.00 My Family 7.40 Porridge 8.20 The Vicar of Dibley 9.00 Only Fools and Horses 10.05 Film: Species 18 (1995) 12.10 Men Behaving Badly 12.50 Men Behaving Badly 1.30 Men Behaving Badly 2.05 Alistair McGowan's Big Impression 2.25 Fantasy Island 3.15 Fantasy Island 4.05 Close Up 4.15 Charlie's Angels 5.10 Dallas

TCM
1.00 Please Don't Eat the Daisies U (1960) 3.00 The Sunshine Boys PG (1975) 5.00 The Unsinkable Molly Brown U (1964) 7.20 My Favorite Year PG (1982) 9.00 The Great Waldo Pepper PG (1975) 11.00 Zabriskie Point 15 (1970) 1.05 Forbidden Planet U (1956) 2.50 The Hill PG (1965) 5.00 Treasure Island PG (1934)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Cheetah Girls U (2003) Family comedy, starring Raven-Symone.

MOVIES

Sky Movies Drama

7.05 The Patron Saint of Liars PG (1997) 8.50 Amber Frey: Witness for the Prosecution PG (2005) 10.25 Good Night, and Good Luck PG (2005) 12.10 A Cry in the Dark 15 (1988) With Meryl Streep. 2.20 Drama Close Up 2.50 Driven to Succeed PG (2004) With Cybill Shepherd. 4.25 Columbo: The Murder of a Rock Star PG (1991) With Peter Falk. 6.05 La Bamba 15 (1987) With Lou Diamond Phillips. 8.00 Bobby 15 (2006) With Laurence Fishburne. 10.00 Patch Adams 12 (1998) With Robin Williams. 12.00 Get Rich or Die Tryin' 15 (2005) With Curtis "50 Cent' Jackson. 2.05 Witness 15 (1985) With Harrison Ford. 4.05 Drama Close Up 4.35 Amber Frey: Witness for the Prosecution PG (2005)

Sky Movies Comedy

6.55 Stick It PG (2006) 8.40 35MM 9.10 She's the Man 12 (2006) 11.00 Police Academy 6: City Under Siege PG (1989) With Bubba Smith. 12.30 Hot Fuzz 15 (2007) With Simon Pegg. 2.35 Rush Hour 12 (1998) With Jackie Chan. 4.25 Stick It PG (2006) With Missy Peregrym. 6.10 She's the Man 12 (2006) With Amanda Bynes. 8.00 Hot Fuzz 15 (2007) With Simon Pegg. 10.00 Rush Hour 12 (1998) With Jackie Chan. 11.45 American Pie Presents: The Naked Mile 15 (2006) With John White. 1.30 Police Academy 6: City Under Siege PG (1989) With Bubba Smith. 3.00 Dukes of Hazzard: The Beginning 15 (2007) With Jonathan Bennett. 4.40 Carolina PG (2003)

Sky Movies Action

6.10 Action & Thriller Close Up 6.40 Godzilla PG (1998) 9.10 The Gingerbread Man 15 (1997) 11.10 The 13th Warrior 15 (1999) With Antonio Banderas. 1.05 Firewall 12 (2006) With Harrison Ford. 3.05 The Gingerbread Man 15 (1997) With Kenneth Branagh. 5.05 Poseidon 15 (2006) With Kurt Russell. 7.00 The 13th Warrior 15 (1999) With Antonio Banderas. 9.00 8mm 18 (1999) With Nicolas Cage. 11.10 Outlaw 18 (2007) With Sean Bean. 1.00 Blow Out 18 (1981) With John Travolta. 2.55 The Young Americans 18 (1993) With Harvey Keitel. 4.45 Godzilla PG (1998)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 FIFA Futbol Mundial 7.00 Premiership Years 9.00 Cricket AM 10.30 FIFA Futbol Mundial 11.00 TBA 1.00 Ryan Giggs Tribute 2.00 FIFA Futbol Mundial 2.30 Live Rugby Union. London Wasps v Leicester Tigers (Kick-off 3.00pm). 5.30 Live Test Cricket. West Indies v Australia. 10.00 Rugby Union 11.00 Golf Night 1.30 FIFA Futbol Mundial 2.00 Rugby Union 3.00 Rugby Union 4.30 FIFA Futbol Mundial 5.00 World Sport 5.30 Pipeline Adventures

Sky Sports 2

6.00 Sports Unlimited 7.00 Tight Lines 8.00 Live Rugby Union. The final of the Super 14 competition. 10.30 World Sport 11.00 Premiership Years 1.00 Live European Tour Golf. The Celtic Manor Wales Open. 5.00 World Sport 5.30 Rugby Union 7.00 Rugby Union 8.00 Live Greyhound Racing. The Greyhound Derby. 10.30 Premiership Years 12.30 Rugby Union 2.00 Premier League Team of the Season 3.00 World Sport 3.30 Race World 4.30 Motor Racing 5.00 Sports Unlimited

Sky Sports 3

6.00 Sky Sports Classics 6.15 ATP Tennis 6.45 Pipeline Adventures 7.15 Campionato Italiano Superstars 7.45 TBA 9.45 WWE: Smackdown 11.45 WWE: Bottom Line 12.45 NFL: Total Access 1.45 NFL: America's Game 3.00 Live Test Cricket. West Indies v Australia. Continues on Sky Sports 1. 5.30 Premier League Team of the Season 7.00 FIFA Futbol Mundial 7.30 Golf Night 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Max Power 3.00 Sports Unlimited 4.00 Pool 5.00 Wild Spirits 5.30 Campionato Italiano Superstars

British Eurosport

7.30 Game, Set and Mats 7.45 World Rally Championship 8.15 Euro 2008 Preview 8.45 Euro 2008 Preview 9.15 Game, Set and Mats 9.30 French Open Tennis 10.00 Live French Open Tennis. Day seven at Roland Garros. 7.30 Game, Set and Mats 7.45 Cycling 8.45 MotoGP 10.00 French Open Tennis 11.00 Live World Superbikes. The Superpole session from Salt Lake City. 11.50 World Rally Championship 12.20 French Rugby 1.05 Close

Sky Sports Xtra

6.00 Sky Sports Classics 6.15 Race World 7.15 Max Power 8.15 NFL: America's Game 9.30 Sports Unlimited 10.30 Max Power 11.30 Racing News 12.00 Squash 1.00 Sports Unlimited 2.00 Max Power 3.00 TBA 5.00 WWE: Smackdown 7.00 TBA 9.00 WWE: Bottom Line 10.00 Max Power 11.00 NFL: Total Access 12.00 Sports Unlimited 1.00 Sky Sports Classics 1.15 Wild Spirits 1.45 NFL: Total Access 2.45 NFL: America's Game 4.00 Premiership Years

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BBC1

6.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 Sunday Life. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 FILM: Cocoon (1985). Light-hearted fantasy, starring Jessica Tandy. (T) 2.50 EastEnders. (T) 4.45 'Allo 'Allo! (R) (T)

5.10 Points of View. Jeremy Vine champions viewers' opinions on BBC programmes. (T)

5.25 Songs of Praise. Eamonn Holmes heads for the lakes of Fermanagh to meet Janet Gray, a world-class blind water-skiier. Hymns include St Patrick's Breastplate and Tell Out My Soul. (T)

6.00 BBC News; Regional News; Weather. (T)

6.30 Seaside Rescue. The lives of 14 sailors are endangered when their new racing yacht begins to sink in the frigid waters of the Solent, forcing the Whiskey Bravo helicopter crew to take rapid action. In Falmouth, the RNLI come to the aid of a family whose fishing-boat livelihood is threatened by a mysterious underwater object. (T)

7.00 Florence Nightingale. Drama telling the story of one of Britain's greatest heroines, focusing on the aftermath of the Crimean War. Disgusted at the needless suffering of servicemen, the nurse badgered the authorities into allowing her to investigate conditions in military hospitals, little suspecting the effect her findings would have on her own emotional state and the future of medicine. Laura Fraser and Roy Hudd star. (T)

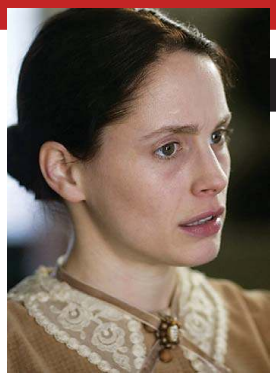
8.00 The Inspector Lynley Mysteries. A diabetic girl disappears without her insulin, and Lynley discovers she was last seen talking to a couple who had previously been sighted with a girl later found drowned in a lake. The detective stages a Press appeal, hoping to learn more about the mysterious pair and reveal their roles in both cases. Crime drama, starring Nathaniel Parker and Sharon Small. (T)

9.30 The Vicar of Dibley. The Songs of Praise crew visit Dibley to record a programme in the village church. However, when Geraldine develops a crush on the producer her wayward emotions threaten to plunge the proceedings into disaster. Comedy, guest starring Peter Capaldi. (R) (T)

10.00 BBC News; Weather. (T)

10.20 Match of the Day Live. Trinidad and Tobago v England (Kick-off 10.30pm). (T)

12.30 The Sky at Night; (T) Weatherview. (T) 12.55 Sign Zone: Wild China. (R) (T) 1.55 Sign Zone: Holby City. (R) (T) 2.55 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 3.25 Sign Zone: To Buy or Not to Buy. (R) (T) 4.10 BBC News. (T)



Pick of the Day

Florence Nightingale (BBC1, 7pm)

Whether you see Florence Nightingale as one of Britain's greatest heroines, the person who revolutionised nursing, or just that woman who used to appear on the back of 10 pounds notes, this drama aims to offer you a new insight into the lady behind the lamp. It also proves that even great reformers aren't infallible, and can have their moments of self-doubt. Set in 1857, following the end of the Crimean War, Florence has seemingly come out of the conflict with more credit than the British generals, thanks to her work at the military hospital in Scutari. However, she is still angry at the mismanaged campaign, believing many soldiers died needlessly due to poor conditions and exposure to disease. Determined that their suffering shouldn't be in vain, Florence badgers the authorities into allowing her to investigate ineptitude at the highest level through a Royal Commission. Unfortunately, as she begins her enquiries, she realises the military top brass aren't the only guilty parties, and that her own shortcomings are about to be made very public. The discovery causes her to withdraw from her family and suffer a crisis of faith, but ultimately inspires her greatest achievements. Laura Fraser stars, with support from Michael Pennington, Barbara Marten, and Roy Hudd as a music hall comedian whose songs commentate on the action.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Jim Jam & Sunny. (T) 9.40 Jim Jam & Sunny. (T) 9.50 Coronation Street. (T) 12.55 ITV News and Weather. (T) 1.00 London Today; Weather. (T) 1.05 Pushing Daisies. (R) 2.05 Britain's Got Talent: The Final. (R) (T) 3.45 Britain's Got Talent: The Final Results. (R) (T) 4.15 FILM: Sleepless in Seattle (1993). Romantic comedy, with Tom Hanks. (T)

6.15 London Tonight; Weather. (T)

6.30 ITV News and Weather. (T)

6.45 Beat the Star. Martina Navratilova takes on a marathon-running doctor from East Sussex who's intent on winning the #100,000 rollover prize by beating the tennis superstar in a series of mental and physical challenges. Vernon Kay hosts. (T)

8.00 Heartbeat. When teenager Vivienne Middleton is reported missing Joe suspects her disappearance has something to do with her American boyfriend Bobby, and sets out to locate him. Meanwhile, David and Peggy's latest exploit, to use Greengrass's old metal detector to find artefacts about the village, puts them under suspicion when priceless bronze statues are stolen from local estates. Guest starring Adrian Lukis and Tessa Peake-Jones. (T)

9.00 Ultimate Force. During an exercise at a nuclear power station, Henno and Dave are ambushed by Russian nationalists, who seize a container of cobalt rods they use to build a bomb. As the government calls a crisis meeting and London is sealed off, the activists take their detonators to the roof of a tower block - but after Finn realises the device they can see is a decoy, the team face a race against time to locate the real bomb. Last in series, starring Ross Kemp. (T)

10.30 ITV News and Weather; Weather. (T)

10.45 FILM: Field of Dreams (1989). Baseball fable, starring Kevin Costner.

12.45 FILM: The People Under the Stairs (1991). Gory horror, with Brandon Adams; (T) ITV News Headlines. 2.35 Dial a Mum. (R) (T) 3.10 Car Hunt. (R) (T) 3.35 Car Hunt. (R) (T) 4.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Legend of the Dragon. (R) (T) 7.25 Watch My Chops. (R) (T) 7.35 The Batman; (R) (T) Bernard. A moth annoys the polar bear. (R) (T) 8.00 Trapped. (R) (T) 8.30 Raven: The Secret Temple. (R) (T) 9.00 Hider in the House. (T) 10.00 Something for the Weekend. (T) 11.30 Rugby Union. (T) 12.30 Live MotoGP. The Italian Grand Prix. 2.00 Rowing. The World Cup regatta in Lucerne. (T) 3.00 Live Rugby League. Bradford Bulls v Hull FC (Kick-off 3.15pm). (T) 5.00 Rugby Sevens. (T) 7.00 Wild Britain. Nick Baker explores the wildlife in Britain's rock pools, encountering the strawberry sea anemone, colourful sea slugs and the rarely seen pipe-fish. (R) (T) 7.10 Meerkat Manor. Pregnant Kinkajoo becomes the group's dominant female. (T) 7.35 Meerkat Manor. Rocket Dog takes control of the group. (T) 8.00 Ray Mears Goes Walkabout. The Outback enthusiast meets a kindred spirit in Queensland. (T) 9.00 Wild China. Reindeer-herding tribes and ruined trade cities beyond the Great Wall. (T) 10.00 Russia: A Journey with Jonathan Dimbleby. The country's natural resources. (T) 11.00 The Liverpool Sound. Paul McCartney and the Kaiser Chiefs perform a one-off concert. (T) 12.30 Heroes. Peter searches for answers to his true identity. (R) (T) 1.10 Heroes Unmasked. (R) (T) 1.30 FILM: Suddenly (1954). Thriller, starring Frank Sinatra. (T) (bw) 2.45 BBC News. (T) 4.10 Close.

C4

6.00 Making It. (R) 6.05 Transworld Sport. (T) 6.55 British Superbike Championship. (R) 7.50 British Triathlon Grand Prix 2008. 8.20 The Shooting Party. (T) 8.50 T4: Shipwrecked 2008: The Hutcam Diaries. (R) (T) 9.20 T4: Hollyoaks. (T) 11.50 T4: Shipwrecked 2008: Battle of the Islands. (T) 1.00 T4: Shipwrecked 2008: The Third Island. (T) 1.35 T4: Friends. (R) (T) 2.05 T4: TBA 2008 Live: Sugababes. (T) 2.40 T4: The Green Room. (T) 3.10 T4: TBA 2008 Live: The Hoosiers. (T) 3.45 T4: The Simpsons. (R) (T) 4.15 T4: TBA 2008 Live: The Feeling. (T) 4.45 Time Team. (R) (T) 5.45 Scrapheap Challenge. (T) 6.45 Channel 4 News. (T) 7.00 Tony Robinson's Crime and Punishment. New series exploring the history of the British judicial system. (T) 8.00 How TV Changed Britain. New series exploring the impact of television on modern life. (T) 9.00 The Devil Wears Primark. Alexa Chung, along with 15 Primark devotees, opens her own workplace in London's West End in an attempt to replicate the manufacturing practices in Indian factories run by the discount retailer's suppliers. (T) 10.40 FILM: Down to You (2000). Romantic comedy, starring Freddie Prinze Jnr. (T) 12.20 4Music: The Album Chart Show: The Zutons Special. 12.50 4Music: 4Play - Lightspeed Champion. (T) 1.05 4Music: NME Big Gig - Kaiser Chiefs. (T) 1.35 FILM: Beyond the Valley of the Dolls (1970). Raunchy comedy, with Dolly Read. (T) 3.25 Empires of Stone. (R) (T) 4.25 St Elsewhere. (R) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Sailor Sid. (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jarm. (R) (T) 6.30 Elmo's World. (R) (T) 6.45 Sailor Sid. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.05 Little Princess. (R) (T) 7.25 The Beeps. (R) (T) 7.40 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.00 The Milkshake! Show. (T) 8.30 Hana's Helpline. (R) (T) 8.45 The Mr Men Show. (R) (T) 9.00 Gerald McBoing Boing. (T) 9.30 Mist: Sheepdog Tales. (R) (T) 9.45 Demolition Dad. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 Megastructures. (R) (T) 12.00 Ice Road Truckers. (R) (T) 1.00 FILM: Seventh Cavalry (1956). Western, with Randolph Scott. (T) 2.30 FILM: The Battle of the V1 (1958). Wartime adventure, with Michael Rennie. (T) (bw) 4.30 FILM: Clash of the Titans (1981). Mythical adventure, starring Harry Hamlin. (T) 6.40 five news and sport. (T) 6.55 FILM: Gattaca (1997). Inventive sci-fi drama set in a future run by a genetically enhanced elite, where a caretaker conceals his lowly status in a bid to get on the space programme. Ethan Hawke stars. (T) 9.00 FILM: The Foreigner (2003). An undercover agent is hired to transport a mysterious package, but soon finds that assorted shadowy figures want to get their hands on it. Action thriller, starring Steven Seagal. (T) 10.55 FILM: VI Warshawski (1991). Comedy thriller, starring Kathleen Turner. (T) 12.35 ITU Triathlon. 1.00 Live Major League Baseball. New York Mets v Los Angeles Dodgers. 4.20 Race and Rally UK. 4.45 Motorsport Mundial. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

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LOCAL

RTP1
0630 Brinca Comigo 0900 Eucarista Dominical 1000 Especial Dia da Criança 1200 Football Indoor: European Final 1300 News 1415 Especial dia da Crianaça 1700 Ler + - Plano Nacional da Leitura 1915 Vila Faia 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Os Contemporâneos 2200 Conta-me Como Foi 2315 I Am Sam, film 0045 Billy Elliot, film 0400 Setxa À Noite 0605 Nòs

RTP2
0700 Euronews 0730 África Global 0800 Músicas de àrtica 0900 Caminhos 0930 70x7 1000 Nós 1045 Da Terra Ao Mar 1115 Consigo 1200 Vida por Vida 1230 Zig Zag 1445 A Voz do Cidadão 1500 Sport 1900 Encontros Imediatos 1930 A Alma e a Gente 2000 Próxima Paragem 2030 Bombordo 2100 Desafio Verde 2200 News 2230 Câma Clara 0050 Onda Curta 0115 Sport 0515 Euronews

SIC
0645 Sic Kids 0830 Disney Kids 1030 Chiquititas 1200 Life in Cold Blood 1300 News 1415 Fame 1515 O Melhor do Mundo 1800 Film TBA 2000 News 2145 O Melhor do Mundo 2330 Duas Caras 0015 Aqui não há Quem Viva 0115 A Lei do Mais Forte 0215 A Vedeta 0245 Quando o Telefone Toca 0445 Amazónia

TVI
0645 Children's TV 1000 Missa 1300 News 1400 Todos Com Portugal 2000 News 2130 A outra 2230 Casos da Vida 0030 Collateral, film 0300 Sempre a Sonhar 0400 Eureka 0500 Telesales

Best of the Rest

BBC3
7.00 Sound 7.30 The Real Hustle 8.00 Doctor Who 8.45 Doctor Who Confidential 9.00 Greek 9.45 Greek Uncovered 10.00 Family Guy 10.25 Family Guy 10.45 Scallywagga 11.15 Two Pints of Lager and a Packet of Crisps 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Barely Legal 12.40 The Real Hustle 1.10 Amy: My Body for Bucks 2.10 Two Pints of Lager and a Packet of Crisps 2.40 Two Pints of Lager and a Packet of Crisps 3.10 Scallywagga 3.35 Barely Legal 4.05 Close

BBC4
7.00 Bombay Railway 8.00 My New Best Friend 9.00 Painted Babies Growing Up 10.00 Johnny Cash: The Last Great American 11.00 The Best of the Johnny Cash Show 1969 - 1971: Country Gold 12.00 BBC Four Sessions 1.00 My New Best Friend 2.00 Painted Babies Growing Up 3.00 Bombay Railway 4.00 Close

ITV2
3.40 Emmerdale 5000 4.40 Coronation Street 8.00 Britain's Got Talent: The Final 9.40 Britain's Got Talent: The Final Results 10.10 Britain's Got More Talent: The Final Result 11.10 Katie & Peter: The Next Chapter 12.15 Film: Jurassic Park III PG (2001) 1.50 Teleshopping 4.50 ITV2 Nightscreen

Sky One
1.00 Futurama 1.30 Futurama 2.00 Lost 3.00 Lost 4.00 Lost 5.00 Lost 6.00 Gladiators 7.00 Don't Forget the Lyrics 8.00 The Simpsons 8.30 The Simpsons 9.00 Lost 11.00 Lost: The Answers Are Here 11.30 Gladiators 12.30 Prison Break 1.30 The Villa 2.20 Mile High 3.10 Australia Uncovered 4.05 Australia Uncovered 5.00 Bite Size Brainiac 5.10 Guilty!

UKTV Gold
1.30 Porridge 2.10 Some Mothers Do 'Ave 'Em 2.50 Only Fools and Horses 3.30 Last of the Summer Wine 4.10 The Vicar of Dibley 5.00 My Family 5.40 Porridge 6.20 Last of the Summer Wine 7.00 Some Mothers Do 'Ave 'Em 7.40 My Family 8.20 Only Fools and Horses 9.00 Porridge 9.40 One Foot in the Grave 10.20 Film: Panic Room 15 (2002) 12.40 The Ruby in the Smoke 2.30 The Story of Only Fools and Horses 3.30 DIY SOS 3.55 Close Up 4.05 The Good Life 4.35 EastEnders 5.05 One Foot in the Grave 5.35 Neighbours

TCM
1.00 The Glass Bottom Boat U (1966) 3.00 On the Town U (1949) 4.45 The Ice Pirates PG (1984) 6.25 The Brothers Karamazov PG (1958) 9.00 Coma 15 (1978) 11.05 Westworld 15 (1973) 12.40 Shaft in Africa 18 (1973) 2.20 Raintree County PG (1957) 5.00 Red Dust U (1932)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Get a Clue U (2002) Children's adventure, starring Lindsay Lohan.

MOVIES

Sky Movies Drama

6.15 Christmas on Chestnut Street PG (2006) 7.50 Blessings PG (2003) 9.30 Her Own Rules PG (1998) 11.05 Columbo Goes to College PG (1991) With Peter Falk. 12.45 Little Man Tate PG (1991) With Jodie Foster. 2.30 Notes on a Scandal 15 (2006) With Judi Dench. 4.10 If Only 15 (2004) With Jennifer Love Hewitt. 5.50 North Country 15 (2005) With Charlize Theron. 8.00 Notes on a Scandal 15 (2006) With Judi Dench. 9.40 Sex and the City Special 10.00 Presumed Innocent 18 (1990) With Harrison Ford. 12.10 Swindle 15 (2002) With Tom Sizemore. 1.50 Hard Men 18 (1996) With Vincent Regan. 3.20 Breakfast on Pluto 15 (2005) 5.30 Christmas on Chestnut Street PG (2006)

Sky Movies Comedy

6.25 Princess Caraboo PG (1994) 8.05 Stop! Or My Mom Will Shoot PG (1992) 9.35 Just My Luck PG (2006) 11.20 RV: Runaway Vacation PG (2006) With Robin Williams. 1.00 Click 12 (2006) With Adam Sandler. 3.00 Just My Luck PG (2006) With Lindsay Lohan. 4.45 RV: Runaway Vacation PG (2006) With Robin Williams. 6.30 Stop! Or My Mom Will Shoot PG (1992) With Sylvester Stallone. 8.00 Click 12 (2006) With Adam Sandler. 10.00 For Your Consideration 12 (2006) With Christopher Guest. 11.30 Confetti 15 (2006) With Martin Freeman. 1.15 Still Crazy 15 (1998) With Bill Nighy. 2.55 Underfunded 12 (2006) With Mather Zickel. 4.25 Princess Caraboo PG (1994)

Sky Movies Action

7.10 Uncommon Valor 15 (1983) 9.10 The Hunter 15 (1980) 11.00 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 1.00 Uncommon Valor 15 (1983) With Gene Hackman. 3.00 The Da Vinci Code 12 (2006) With Tom Hanks. 5.30 The Hunter 15 (1980) With Steve McQueen. 7.20 Passenger 57 15 (1992) With Wesley Snipes. 9.00 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 10.50 The Da Vinci Code 12 (2006) With Tom Hanks. 1.20 Marathon Man 18 (1976) With Dustin Hoffman. 3.30 The Big Hit 18 (1998) 5.05 Warriors of Virtue PG (1997)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Premiership Years 7.55 Live International Football 10.15 Where Are They Now? 10.45 Cricket Writers on TV 11.45 Live Rugby Union. Devon v Yorkshire (Kick-off 12.00pm). 2.30 Live International Rugby Union. England v Barbarians (Kick-off 3.00pm). 5.00 Live Test Cricket. West Indies v Australia. 10.00 Where Are They Now? 10.30 International Football 12.30 Where Are They Now? 1.00 Live WWE Wrestling: One Night Stand. From the San Diego Sports Arena in California. 4.00 Where Are They Now? 4.30 Max Power 5.30 Motor Racing

Sky Sports 2

6.00 FIFA Futbol Mundial 6.30 Wild Spirits 7.00 Watersports World 8.00 FIFA Futbol Mundial 8.30 Rugby Union 10.00 Rugby Union 11.00 Campionato Italiano Superstars 11.30 Racing News 12.00 Live European Tour Golf. The Celtic Manor Wales Open. 5.00 FIFA Futbol Mundial 5.30 Where Are They Now? 6.00 Wild Spirits 6.30 Live NASCAR. The Best Buy 400. 10.30 Indy Racing League 12.30 Golf Night 3.00 Rugby Union 5.00 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Golf Night 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Watersports World 12.00 Max Power 1.00 Where Are They Now? 1.30 Live International Football. Holland v Wales (Kick-off 2.00pm). 4.00 Ryan Giggs Tribute 5.00 WWE: Experience 6.00 International Football 8.00 Golf Night 10.30 Wild Spirits 11.00 WWE: Late Night - Afterburn 12.00 WWE: Heat 1.00 Premiership Years 3.00 International Football 5.00 Close

British Eurosport

7.30 Live World Touring Car Championship. Coverage of the warm-up session from Pau. 8.00 Motor Racing 8.30 Game, Set and Mats 8.45 Live MotoGP. The warm-up sessions for the Italian Grand Prix. 9.15 Live MotoGP. An introduction to the Italian Grand Prix. 9.45 Live MotoGP. The 125cc Italian Grand Prix. 11.00 Live MotoGP. The 250cc Italian Grand Prix. 12.15 Live MotoGP. The MotoGP Italian Grand Prix. 2.00 Live World Touring Car Championship. Coverage of the second race from Pau in France. 3.30 Live Cycling. The 21st and final stage of the Giro d'Italia. 4.30 Live French Open Tennis. Day eight at Roland Garros. 7.30 Game, Set and Mats 7.45 Motorsports Weekend 8.15 World Superbikes 9.00 French Open Tennis 10.30 Live World Superbikes. The second race from Salt Lake City. 11.30 World Rally Championship 12.00 Motorsports Weekend 12.30 Beach Volleyball 1.00 Beach Volleyball 1.30 Close

Sky Sports Xtra

6.00 Women's Pool 7.00 Women's Pool 8.00 Women's Pool 9.00 Squash 10.00 Squash 11.00 Premiership Years 1.00 Squash 2.00 Squash 3.00 Live Test Cricket. West Indies v Australia. Continues on Sky Sports 1. 5.00 Max Power 6.00 Ten Pin Bowling 7.00 Rugby Union 9.00 WWE: Experience 10.00 Squash 11.00 Squash 12.00 Rugby Union 2.00 Max Power 3.00 Close

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HEALTH INSURANCE for Readers

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PAT Care
See page 41

BBC1

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Dennis the Menace. (R) (T) 3.55 Frankenstein's Cat; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.05 Roar. (R) (T) 4.35 Grange Hill. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 New Blues. New series following the training of Police Community Support Officers at the country's biggest training course in West Yorkshire. In the first episode, former personal assistant Nat, electrician Mark and repossession agent Gary come to terms with the demands of a change in career. Narrated by Kevin Whately; (T) BBC News; Regional News. (T)
8.00 EastEnders. Chelsea's habit makes her feel invincible, but leads her into danger. A resourceful Tiffany decides to solve a problem by helping herself to someone else's plant pot, and the Millers can't believe their good fortune, but have trouble keeping the news to themselves. (T)
8.30 Panorama. With house prices falling and lenders less willing to fund mortgages, reporter Richard Bilton meets some of the winners and losers in the property market and investigates whether the British love affair with home ownership is over. Presented by Jeremy Vine. (T)
9.00 Crimewatch. Kirsty Young presents appeals to members of the public for information about unsolved crimes, including the murder of a sheep farmer in Northern Ireland and a kidnapping in the Midlands. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Crimewatch Update. An update on viewers' responses to the programme shown earlier. (T)
10.45 The Apprentice: The Final Five. As this year's business-based reality series draws to a close, parents, friends, former bosses and Alan Sugar's trusted aides Nick Hewer and Margaret Mountford discuss the strengths and weaknesses of the remaining candidates. (T)
11.40 FILM: Novocaine (2001). Comedy thriller, starring Steve Martin; (T) Springwatch Weatherview. (T)
1.10 Sign Zone: Across the Andes: Beyond Boundaries. (R) (T) 2.10 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 2.40 Sign Zone: To Buy or Not to Buy. (R) (T) 3.25 BBC News. (T)

Pick of the Day

The Great British Body (ITV1 Granada, 9pm)
It's fair to say the vast majority of us don't have the ideal body shape, and many people out there won't be content with their size. However, in this new series, style gurus Trinny Woodall and Susannah Constantine are on a mission to persuade as many men and women as possible to bare all and be proud. They're part of a new initiative to track down two extraordinary people, a man and a woman, to represent Britain's finest forms and be immortalised in a giant naked sculpture on the Sussex downs. Explaining the method behind what to some may seem like madness, Susannah says: "Trinny and I are known for dressing people, this time we're going to be known for undressing people. We thought the British public suffered from a negative view about the nation's body shape, that we're overweight, unattractive, that we feel pressurised to look a certain way. So we want people to really look at themselves objectively, they'll then realise that it's not that way at all." The duo are so keen to get the nation's kit off, they're prepared to join in, as Trinny exhorts: "We never ask people to do something we don't do, so we will get naked."

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 House Guest. (T) 3.29 London Weather. (T) 3.30 Taggart. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Lisa struggles to cope with her work at the factory but is surprised by Pollard's compassion when he gives her some money for lunch. Val's daughter Sharon returns to the village to help with the Pub of the Year competition, and Jake celebrates his 18th birthday with Jasmine - much to Miles' displeasure. (T)
7.30 Coronation Street. Teresa takes advantage of Lloyd after she discovers he owns a successful taxi firm and dupes him into believing Finlay is his son. Jason realises he's in too deep with a besotted Becky and Kirk worries he's ruined Chesney's chances with Kayleigh. Meanwhile, Vernon returns home to an over-enthusiastic Liz. (T)
8.00 The Fat Bribe: Tonight. (T)
8.30 Coronation Street. Teresa leads Lloyd on a guilt trip, prompting him to contemplate shelling out his cash to support Finlay. Becky piles the pressure on Jason, and there's relief all round when Jerry's operation is hailed a success. The rivalry between Dan and Steve intensifies, while Liz's attentiveness leaves Vernon feeling anxious. (T)
9.00 The Great British Body. New series. Trinny and Susannah visit Gateshead, Brighton and Birmingham as they begin their quest to uncover the truth about the British body. The pair look to find the truth about FTO, the so-called "fat gene", and try to convince an athletic grandmother and a former World's Strongest Man competitor to be part of a living, breathing sculpture made up of naked Britons. Continues tomorrow. (T)
10.00News at Ten and Weather; Weather.
10.35FILM: Cape Fear (1991). Thriller, starring Robert De Niro. (T)
12.50 British Touring Car Championship. (T)
1.45 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.35 Loose Women. (R) 3.30 Everything Must Go Special. (R) (T)
4.20 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (T) 7.25 Newsround. (T) 7.30 Hider in the House; (R) (T) The Owl. (T) 8.30 CBeebies: Springwatch. (R) (T) 9.00 Bob the Builder: Project Build It. (R) (T) 9.10 Charlie and Lola; (R) (T) Fimbles Songtimes. (R) (T) 9.30 Big Barn Farm. (T) 9.45 Nina and the Neurons. (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: Focus. (T) 10.50 BBC Primary Geography. (T) 11.10 Razzledazzle. (T) 11.30 Seasonal Snapshots. (T) 11.50 KS2 Science Clips. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Sun, Sea and Bargain Spotting. (R) (T) 2.30 Through the Keyhole. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (T) 7.00 Ray Mears Goes Walkabout. The survival expert meets a kindred spirit in the form of Les Hiddins, also known as the "Bush Tucker Man". Together, the duo explore Les' home state of Queensland. (T) 8.00 Springwatch 2008. Bill Oddie, Kate Humble and Simon King study nature. (T) 9.00 Sweeney Todd. Ray Winstone takes the title role in this dark tale of love, obsession, murder and retribution, based on the myth of the Demon Barber of Fleet Street. David Warner co-stars. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 The Rise and Fall of the Ad Man: BBC Four on BBC Two. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.00 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Weapons That Made Britain; (R) (T) 3 Minute Wonder. (R) (T) 11.25 Vocation, Vocation, Vocation; (R) (T) Tate Modern and 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Supporting Acts. (R) (T) 12.40 FILM: The Wind and the Lion (1975). Period adventure, with Sean Connery. (T) 2.55 A Place in the Sun. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Great Relativity Show. Series examining the famous theory. (R) (T) 8.00 Hitler's Favourite Royal. The story of Prince Charles Edward, the youngest grandchild of Queen Victoria, who was forced to take up the Dukedom of Coburg in Germany and later supported the Nazi Party. (R) (T) 9.00 Queen Victoria's Men. Drama-documentary examining the monarch's significant relationships with the opposite sex, drawing from her diaries and letters. Starring Verity Hewlett and Jenifer Armitage. (T) 10.35 FILM: The Net (1995). Thriller, starring Sandra Bullock. (T) 12.45 4Music: E4 Music Sessions: The Zutons Acoustic. (T) 1.20 One Minute Past Midnight. (R) (T) 1.35 FILM: The Anniversary Party (2001). Premiere. Drama, starring Jennifer Jason Leigh. (T) 3.30 Psyche and Eros. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (R) (T) 6.45 Fireman Sam. (R) (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.15 Rupert Bear. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 I Own Britain's Best Home. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: Out of the Woods (2005). Drama, starring Jason London. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 How Do They Do It? Robert Llewellyn looks at the engineering of the Airbus A380, learns how the British A1 Grand Prix team performs a pit stop and visits a ketchup factory in Holland. Last in series; (T) 7.30 five news update. (T) 8.00 The Gadget Show. Green gadgets are put to the test. Last in series; (T) 8.00 five news at 9. 9.00 Warship. Aircraft carrier HMS Illustrious negotiates the Suez Canal. (T) 10.00 Kidnapped Abroad. A pair of British aid workers kidnapped in Chechnya. (T) 11.05 FILM: Sniper 2 (2002). Thriller, starring Tom Berenger. (T) 12.55 Live NHL Ice Hockey. Detroit Red Wings v Pittsburgh Penguins. 3.30 Arenacross. 4.20 Arenacross. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Prova de Amor 1530 Portugal no Coração 1800 Portugal Em Directo 1905 O Preço Certo 2000 News 2100 Nitas Soltas 2130 Quem Quer Ser Milionário 2230 Prós e Contras 0130 Jane Doe 3: The Wrong Face, film 0315 Euronews 0400 Portugal no Coração 0605 Nós
RTP2
0700 Euronews 0715 Zig Zag 1300 Entre Pratos 1400 Soceidade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fè Dos Homens 1905 Eurodeputados 1945 Zig Zag 2045 Friends 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Erva 2310 Californication 2340 Bastidores 0030 Noites da 2 0115 Universidades 0145 Diga lá Excelência 0230 Eurodeputados 0300 Soceidade Civil 0430 Euronews
SIC
0700 Sic Noticias 0830 Sic Kids 0915 Floribella 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2130 Clube Portugal 2200 Ciranda de Pedra 2245 Desejo Proibido 2330 Duas Caras 0030 CSI Las Vegas 0130 CSI Miami 0230 Quando O Telefone Toca
TVI
0700 Diário da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar 2000 News 2200 Fascínios 2300 Deixa-me 0200 Toca a Ganahr 0345 Film TBA 0530 Telesales

Best of the Rest

BBC3
7.00 Dragons' Den 8.00 The Real Hustle 8.30 Glamour Girls 9.00 Gavin & Stacey 9.30 Gavin & Stacey 10.00 EastEnders 10.30 Ideal 11.00 Torn Up Tales 11.30 American Dad! 11.55 American Dad! 12.15 Gavin & Stacey 12.45 Gavin & Stacey 1.15 Ideal 1.45 Torn Up Tales 2.15 Glamour Girls 2.45 The Real Hustle 3.15 Spendaholics 4.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 The Sky at Night 8.00 The Life of Mammals 9.00 Not Cricket - Hansie Cronje 10.00 Not Cricket: The Basil D'Oliveira Conspiracy 11.20 Oz and Them 12.20 The Sky at Night 12.50 Not Cricket - Hansie Cronje 1.50 Not Cricket: The Basil D'Oliveira Conspiracy 3.15 Not Cricket - Hansie Cronje 4.15 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 The World's Got Talent 8.00 Gossip Girl 9.00 Pushing Daisies 10.00 Film: Jurassic Park III PG (2001) 11.50 Coronation Street 12.20 Coronation Street 12.50 Film: Twister PG (1996) 2.50 Teleshopping 5.50 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Tru Calling 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Gladiators 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Bones 11.00 Road Wars 12.00 Prison Break 1.00 Tru Calling 1.50 Road Wars 2.40 Road Wars: USA 3.30 Airline 3.55 Airline 4.20 Brainiac: Science Abuse 5.10 Guilty!
UKTV Gold
1.20 My Hero 2.00 Open All Hours 2.40 2point4 Children 3.20 Last of the Summer Wine 4.00 The Two Ronnies 5.00 Casualty 6.00 Murder, She Wrote 7.00 Last of the Summer Wine 7.40 The Thin Blue Line 8.20 My Family 9.00 Open All Hours 9.40 Victoria Wood as Seen on TV 10.20 Men Behaving Badly 11.00 I'm Alan Partridge 11.40 The Thin Blue Line 12.20 The Story of Only Fools and Horses 1.40 The New Adventures of Old Christine 2.05 Fantasy Island 2.55 The Bill 3.50 2point4 Children 4.20 Last of the Summer Wine 4.50 Animal Park 5.35 Neighbours
TCM
1.00 Mansfield Park 1.55 Mansfield Park 3.00 Bad Day at Black Rock PG (1955) 4.30 Boys' Night Out PG (1962) 6.30 The Boy Friend U (1971) 9.00 Blow-Up 15 (1966) 11.00 Whose Life Is It Anyway? 15 (1981) 1.05 Eye of the Devil 15 (1967) 2.40 Objective, Burma! PG (1945) 5.00 The Crowd U (1928)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama
7.00 Ice Bound PG (2003) 8.40 A Time to Decide PG (2000) 10.20 Drama Close Up 10.50 Marilyn and Me PG (1991) 12.30 Flight 93 12 (2006) With Jeffrey Nordling. 2.10 Columbo: Grand Deceptions PG (1989) With Peter Falk. 3.50 See You in the Morning 15 (1989) With Jeff Bridges. 6.00 Broken Bridges PG (2006) With Toby Keith. 8.00 Inside Man 15 (2006) With Denzel Washington. 10.15 Disclosure 18 (1994) With Michael Douglas. 12.25 Hustle and Flow 15 (2005) With Terrence Howard. 2.30 The Players Club 18 (1998) With LisaRaye. 4.25 Ice Bound PG (2003)

Sky Movies Comedy
6.05 Project: ALF PG (1996) 7.40 Racing Ace PG (2005) 9.20 The Shaggy Dog U (2006) 11.00 Just Like Heaven PG (2005) With Reese Witherspoon. 12.40 Kung Fu Panda Special 1.00 White Men Can't Jump 15 (1992) With Woody Harrelson. 3.00 Let's Go to Prison (2006) With Dax Shepard. 4.35 The Shaggy Dog U (2006) With Tim Allen. 6.20 Just Like Heaven PG (2005) With Reese Witherspoon. 8.00 White Men Can't Jump 15 (1992) With Woody Harrelson. 10.00 Harlem Nights 18 (1989) With Eddie Murphy. 12.00 Let's Go to Prison (2006) With Dax Shepard. 1.35 Addicted to Love 15 (1997) With Meg Ryan. 3.20 Woo 15 (1998) 4.50 Racing Ace PG (2005)

Sky Movies Action
6.55 Waist Deep 15 (2006) 8.35 Los Locos: Posse Rides Again 15 (1997) 10.25 Decades 60s 10.45 Ninja Dragons PG (1994) 12.20 Pirates of the Caribbean: Dead Man's Chest 12 (2006) With Johnny Depp. 2.55 Shadow Conspiracy 15 (1997) With Charlie Sheen. 4.45 Waist Deep 15 (2006) With Tyrese Gibson. 6.35 Conspiracy Theory 15 (1997) With Mel Gibson. 9.00 Pirates of the Caribbean: Dead Man's Chest 12 (2006) With Johnny Depp. 11.35 Body Heat 15 (1981) With William Hurt. 1.35 American Ninja 18 (1985) With Michael Dudikoff. 3.15 To Live and Die in LA 18 (1985) 5.15 Volcano: Fire on the Mountain PG (1997)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcasting stereo;
(bw) - black and white.

SPORT

Sky Sports 1
6.00 Good Morning Sports Fans 9.00 International Football 10.00 Rugby Union 12.00 Premier League Team of the Season 1.30 International Football 3.00 Live Test Cricket. West Indies v Australia. 10.00 International Football 11.30 Where Are They Now? 12.00 Soccer AM: The Best Bits 1.00 International Football 2.30 Where Are They Now? 3.00 Soccer AM: The Best Bits 4.00 BMX Cycling 4.30 International Football

Sky Sports 2
6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 NASCAR 10.00 Indy Racing League 12.00 Where Are They Now? 12.30 NASCAR 3.30 Indy Racing League 5.30 Where Are They Now? 6.00 International Football 7.30 Live Speedway. Wolverhampton Wolves v Swindon Robins. 9.30 Wild Spirits 10.00 Golf 11.00 Speedway 1.00 World Motor Sport 3.30 Close

Sky Sports 3
7.00 WWE: Bottom Line 8.00 Pipeline Adventures 8.30 Golf Night 11.00 Aerobics Oz Style 11.30 Racing News 12.00 WWE: Heat 1.00 WWE: Experience 2.00 WWE: Afterburn 3.00 WWE: Heat 4.00 WWE: Bottom Line 5.00 WWE: Raw 7.00 WWE: Smackdown 9.00 WWE Wrestling 12.00 BMX Cycling 12.30 Sports Adventure 1.00 Max Power 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport
7.30 Game, Set and Mats 7.45 World Touring Car Championship 8.45 MotoGP 9.45 Game, Set and Mats 10.00 Live French Open Tennis. Day nine at Roland Garros. 7.30 Game, Set and Mats 7.45 Road to Euro 2008 8.00 International Football 9.00 International Football 10.00 French Open Tennis 11.00 World Superbikes 12.00 Mission to Beijing 12.15 Game, Set and Mats 12.30 French Rugby 1.00 Close

Sky Sports Xtra
3.00 Pipeline Adventures 3.30 Golf Night 6.00 BMX Cycling 6.30 Golf 7.30 World Motor Sport 10.00 BMX Cycling 10.30 Sports Adventure 11.00 Pipeline Adventures 11.30 Wild Spirits 12.00 Golf 1.00 Pipeline Adventures 1.30 Wild Spirits 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Dennis the Menace. (R) (T) 3.55 Frankenstein's Cat. (R) (T) 4.05 The Cramp Twins. (R) (T) 4.15 Dinosapien. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Chelsea takes advantage when Patrick offers his support against Yolande's advice. The Millers insist Keith makes up for his carelessness and send him off to the job centre. A nervous Bradley sets off on his lunch date with Maggie not knowing what to expect, and Tanya warns Jack not to play games; (T) BBC News; Regional News. (T)
8.00 Holby City. Michael is suspicious when Abra tries to prevent a convicted murderer receiving a liver transplant. Kyla can only stand by while other people make decisions regarding her son Max's medical treatment while in foster care. Elliot tries to avoid Lady Byrne following their kiss, but realises that it might not have been an accident after all. (T)
9.00 Traffic Cops. The Humberside Police traffic department's newest recruit has an action-packed introduction to the job and officers come down hard on some of their worst enemies - drunk drivers. Last in series, narrated by Jamie Theakston. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Imagine. Investigating the profound impact music can have on the human brain. Alan Yentob investigates case studies from neurologist Dr Oliver Sacks' latest book Musicophillia, including a man who developed a passion for piano playing after being struck by lightning and a man whose severe Tourettes disappears when he plays the drums. (T)
11.25 FILM: The Abduction Club (2002). Romantic period comedy, starring Matthew Rhys; (T) Weatherview. (T)
1.00 Sign Zone: See Hear. (R) (T) 1.30 Sign Zone: Russia: A Journey with Jonathan Dimbleby. (R) (T) 2.30 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 3.00 Sign Zone: To Buy or Not to Buy. (R) (T) 3.45 BBC News. (T)

Pick of the Day

The Culture Show (BBC2, 10pm)
What's this? The Culture Show in a midweek spot? Surely not! But it's true. We've grown accustomed to seeing Lauren Laverne and co cropping up early on Saturday evenings, but those with longer memories may remember it started out in a midweek slot, and here returns to its origins as it begins its summer season with a laugh or two. Well, that's the kind of thing we've come to expect from Ricky Gervais, and there's no reason to expect his feature film directorial debut won't contain several of them. Here, his pal Karl Pilkington reveals what it's like to be an extra in This Side of Truth, which features an all-star cast and is set in a world in which nobody has ever lied. Andrew Graham-Dixon is in Vienna to offer an analysis of Gustav Klimt as the biggest ever show of his work opens at Tate Liverpool. He also wonders what Sigmund Freud would have made of the artist's famous erotic depictions of women. Music comes from Sparks and Scaremongers, the band fronted by poet Simon Armitage. Plus, Mark Kermode reviews the week's biggest films. And if that isn't enough for you, there's always The Culture Show Uncut coming soon, which will feature more arts-related reports than you can shake a mahlstick at.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 House Guest. (T) 3.29 London Weather. (T) 3.30 Taggart. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale: What Price Love? Eli spies a money-making scheme and kidnaps Val after she is accidentally knocked out, but when the bride-to-be regains consciousness, she learns of her surprise low-budget wedding and decides to go along with the plan. Pollard realises the Dingles are responsible for his fiancee's disappearance but is disgusted to hear she also went along with the plot. Marlon frets about his menu for the competition, but later impresses the judges. With a guest appearance from Antony Worrall Thompson. (T)
8.00 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to have a go at answering questions that could change their lives - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T)
9.00 The Great British Body. Trinny Woodall and Susannah Constantine talk to a woman who stripped off for a calendar at the age of 101 as they continue their search for the best of British bodies. The girls also visit the site of their naked sculpture - an idyllic hillside in Sussex - and meet the designer Kit Line. Back at the roadshows, the duo carry out a speed "rating" test to investigate the laws of attraction. Concludes tomorrow. (T)
10.00 News at Ten and Weather; Weather. (T)
10.35 Piers Morgan On: Sandbanks. The journalist meets the movers and shakers of the area and discovers that not everyone welcomes the newcomers. The old guard tries to put a stop to the changes in the harbour. (R) (T)
11.05 Q-Cars - Robbery Squad. The team end up with more than they bargained for after chasing suspects through garages in north London and find themselves trying to establish a driver's true identity.
11.35 Revenge TV. Dominic Littlewood meets people who have taken matters into their own hands and used cameras or mobile phones to right wrongs, solve mysteries and catch criminals. (R) (T)
12.05 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.50 Loose Women. (R) 2.40 The Jeremy Kyle Show. (R) (T) 3.35 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: 7.00 Pitt & Kantrop; (R) (T) Newsround. (T) 7.30 Hider in the House; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Springwatch. (R) (T) 9.00 Bob the Builder: Project Build It. (R) (T) 9.10 Charlie and Lola; (R) (T) Fimbles Songtimes. (R) (T) 9.30 Big Barn Farm. (T) 9.45 Nina and the Neurons. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: Let's Write a Story. (T) 10.50 BBC Primary History. (T) 11.10 Timewatch: Killer Cloud. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Sun, Sea and Bargain Spotting. (R) (T) 2.30 Through the Keyhole. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (T) 7.00 Michael Palin's New Europe. Estonia, Latvia and Lithuania. (R) (T) 8.00 Springwatch 2008. Bill Oddie, Kate Humble and Simon King study nature. (T) 9.00 The Supersizers Go. Giles Coren and Sue Perkins test the cuisine of Victorian Britain. (T) 10.00 The Culture Show. New series. Lauren Laverne and Mark Kermode visit Ricky Gervais on the American set of his directorial debut film, and poet Simon Armitage performs his first rock gig. With music by Sparks. An extended edition is on Friday at 11.35pm. (T) 10.30 Newsnight; Weather. (T) 11.20 Absolute Zero: BBC Four on BBC Two. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.00 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Weapons That Made Britain; (R) (T) 3 Minute Wonder. (R) (T) 11.25 Vocation, Vocation, Vocation; (R) (T) Tate Modern and 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Eating for Britain. (R) (T) 12.40 FILM: Fair Wind to Java (1953). Seafaring adventure, starring Fred MacMurray. (T) 2.20 A Place in the Sun: Home or Away. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Great Relativity Show. Einstein's theory of time. (R) (T) 8.00 10 Years Younger. Nicky Hambleton-Jones and the team give a makeover to a care worker whose confidence plummeted when gum disease caused most of her teeth to fall out. The latest anti-ageing make-up is also tested. (T) 9.00 Gordon Ramsay's F Word. Jo Brand joins the chef in the kitchen. (T) 10.00 The World's Hairiest Person and Me. Mark Dolan meets some of the most hirsute people in the world. (T) 11.10 The Devil Wears Primark. (R) (T) 12.45 Premier League Poker. 1.40 The British Formula 3 International Series. 2.05 European Poker Tour. (R) (T) 3.35 KOTV. (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (R) (T) 6.45 Fireman Sam. (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.15 Rupert Bear. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (T) 7.45 Sailor Sid. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 I Own Britain's Best Home. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: The Family Plan (2005). Romantic comedy, starring Tori Spelling. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Extraordinary Animals. The story of a highly intelligent pig; (T) 7.30 five news update. (T) 8.00 Mystery of the Mummies. Bodies found in a remote part of China; (T) 8.00 five news at 9. 9.00 CSI: Crime Scene Investigation. A mob of criminals terrorise Las Vegas. (R) (T) 10.00 CSI: Miami. Horatio investigates what looks like a case of revenge on an ex-lover and her new partner, before having to fire a member of his team when personal problems disrupt enquiries; (R) (T) five news update. (T) 11.00 Law & Order: Criminal Intent. (T) 12.00 FBI Files. (T) 1.00 NASCAR. 1.50 US PGA Golf. 2.40 Seniors Golf. 3.50 Boxing: Fight of the Week. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegira 1300 News 1415 Prova de Amor 1530 Portugal No Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 30 Minutos 2130 Telerural 2200 Quem Quer Ser Milionário 2300 Sentido do Gosto 2330 A Minha Vida por Um Fio 0130 Trio D Ataque 0315 Euronred 0400 Portugal no Coração 0605 Nós
RTP2
0700 Euronews 0715 Zig Zag 1300 Entre Pratos 1400 Socuedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 2010 1945 zig Zag 2045 Feinds 2110 National Geographic 2200 News 2240 Greys Anatomy 2300 Mozartmania 0030 Noites da 2 0115 Universidades 0145 Câmara Clara 0250 2010 0330 Sociedade Civil 0500 Euronews
SIC
0600 Sic Noticias 0900 Dia Em Grande 1000 Fátimas 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Oura 1900 Sete Pecados 2000 News 2200 Ciranda de Pedra 2245 Desejo Proibido 2330 Duas Caras 0030 CSI Las Vegas 0130 CSI Miami 0230 Quando o Telefone Toca
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar 2130 News 2215 Doce Fugitiva 0015 Grizzly Rage, film

Best of the Rest

BBC3
7.00 Dog Borstal 8.00 Shopping Is My Life 9.00 Kizzy: Mum at 14 10.00 EastEnders 10.30 Scallywagga 11.00 Amy: My Body for Bucks 12.00 American Dad! 12.25 American Dad! 12.45 Kizzy: Mum at 14 1.45 Shopping Is My Life 2.40 Scallywagga 3.10 Dog Borstal 4.10 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Sounds of the Seventies 7.35 Batman 8.00 Clarissa and the King's Cookbook 8.30 Hannah Glasse: The First Domestic Goddess 9.00 What Happened Next? 10.00 The Biggest Chinese Restaurant in the World 10.30 The Secret Life of Mrs Beeton 11.55 Clarissa and the King's Cookbook 12.25 Hannah Glasse: The First Domestic Goddess 12.55 Proms on Four 2007 3.00 What Happened Next? 4.00 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Katie & Peter: The Next Chapter 9.00 Britain's Got More Talent 10.00 Film: Twister PG (1996) 12.10 Headcases 12.40 Film: Beverly Hills Cop 15 (1984) 2.35 Teleshopping 5.35 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Tru Calling 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Battlestar Galactica 10.00 Lost 12.00 Prison Break 1.00 Tru Calling 1.50 Road Wars 2.40 Road Wars: USA 3.30 Airline 3.55 Airline 4.20 Brainiac: Science Abuse 5.10 Guilty!
UKTV Gold
1.20 My Hero 2.00 Open All Hours 2.40 2point4 Children 3.20 Last of the Summer Wine 4.00 The Two Ronnies 5.00 Casualty 6.00 Murder, She Wrote 7.00 Last of the Summer Wine 7.40 The Thin Blue Line 8.20 My Family 9.00 Open All Hours 9.40 Victoria Wood as Seen on TV 10.20 Men Behaving Badly 11.00 I'm Alan Partridge 11.40 2point4 Children 12.20 Last of the Summer Wine 1.00 Charlie's Angels 2.00 The New Adventures of Old Christine 2.25 Fantasy Island 3.10 The Bill 4.00 Murder, She Wrote 4.50 Animal Park 5.35 Neighbours
TCM
1.00 Mansfield Park 1.55 Mansfield Park 3.00 Harum Scarum U (1965) 4.30 Bonnie Scotland U (1935) 5.50 Texas Carnival U (1951) 7.10 The Secret of My Success PG (1965) 9.00 Wise Guys 15 (1986) 10.40 Lolita 15 (1962) 1.20 Mr Ricco 15 (1975) 3.05 Flight Command PG (1940) 5.00 The Devil Makes Three U (1952)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.05 Falsely Accused PG (1993) 7.45 Here Comes the Son PG (1996) 9.25 Casanova 12 (2005) 11.25 A Marriage of Convenience PG (1998) With Jane Seymour. 1.00 Nurses on the Line: The Crash of Flight 7 PG (1993) With Lindsay Wagner. 2.40 In the Line of Duty: Siege at Marion PG (1992) With Ed Begley Jnr. 4.20 Julius Caesar PG (1970) With Charlton Heston. 6.20 Columbo: Murder in Malibu PG (1990) With Peter Falk. 8.00 Sliding Doors 15 (1998) With Gwyneth Paltrow. 9.45 The Prestige 12 (2006) With Hugh Jackman. 12.00 School Daze 18 (1988) With Laurence Fishburne. 2.10 Two for the Money 15 (2005) With Al Pacino. 4.25 Falsely Accused PG (1993)

Sky Movies Comedy

6.30 Bad Manners 15 (1997) 8.05 Milk 15 (1998) 9.45 Bring It On: All or Nothing 12 (2006) 11.30 Mom and Dad Save the World PG (1992) With Teri Garr. 1.00 Music and Lyrics PG (2007) With Hugh Grant. 2.50 House Arrest PG (1995) With Jamie Lee Curtis. 4.40 Failure to Launch 12 (2006) With Matthew McConaughey. 6.20 Bring It On: All or Nothing 12 (2006) With Hayden Panettiere. 8.00 Music and Lyrics PG (2007) With Hugh Grant. 9.45 Sex and the City Special 10.00 American Pie Presents: The Naked Mile 15 (2006) With John White. 11.45 Failure to Launch 12 (2006) With Matthew McConaughey. 1.25 The History of the World Part One 15 (1981) With Mel Brooks. 3.00 How To Be a Player 18 (1997) With Bill Bellamy. 4.35 Mom and Dad Save the World PG (1992)

Sky Movies Action

6.50 Breakout 15 (1975) 8.30 Tsotsi 15 (2005) 10.10 Alien Resurrection 18 (1997) 12.10 Magic Kid 2 PG (1994) With Ted Jan Roberts. 1.50 Adrift 15 (2006) With Eric Dane. 3.40 Breakout 15 (1975) With Charles Bronson. 5.20 Tsotsi 15 (2005) With Presley Chweneyagae. 7.00 Alien Resurrection 18 (1997) With Sigourney Weaver. 9.00 Adrift 15 (2006) With Eric Dane. 10.40 The Delta Force 18 (1986) With Chuck Norris. 12.55 Underworld: Evolution 18 (2006) With Kate Beckinsale. 2.45 Last Seduction II 18 (1997) With Joan Severance. 4.30 Desperate Justice PG (1993)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Speedway 11.00 Pipeline Adventures 11.30 Wild Spirits 12.00 Speedway 2.00 Sky Cricket Classic 3.00 Live Test Cricket. West Indies v Australia. 8.00 A Knight with Sir Alex 9.00 The Rugby Club 10.30 A Knight with Sir Alex 11.30 Football Asia 12.00 The Rugby Club 1.30 Football Asia 2.00 World Motor Sport 4.30 European Seniors Tour Golf 5.30 Football Asia

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 Aerobics Oz Style 7.30 Pipeline Adventures 8.00 Wild Spirits 8.30 BMX Cycling 9.00 Golf 10.00 World Motor Sport 12.30 Golf 1.30 Everyday is Raceday: Touring Car Diaries 2.00 BMX Cycling 2.30 World Motor Sport 5.00 NFL: Total Access 6.00 The Rugby Club 7.30 Challenge Tour Golf 8.00 Spirit of Yachting 8.30 Football Asia 9.00 Ladies European Tour Golf 10.00 Poker 12.00 Ladies European Tour Golf 1.00 Combat Fighting Championship 3.00 Close

Sky Sports 3

10.00 Modern Pentathlon 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Sports Adventure 12.30 BMX Cycling 1.00 NFL: Total Access 2.00 Pipeline Adventures 2.30 Wild Spirits 3.00 Speedway 5.00 European Seniors Tour Golf 6.00 Ladies European Tour Golf 7.00 Live Horse Racing. From Folkestone and Sedgefield. 9.00 Combat Fighting Championship 11.00 NFL: Total Access 12.00 Powerboating 1.00 Modern Pentathlon 2.00 Spirit of Yachting 2.30 Sports Unlimited 3.30 Close

British Eurosport

7.45 International Football 8.45 Mission to Beijing 9.00 Rowing 10.30 Road to Euro 2008 10.45 International Football 11.45 Game, Set and Mats 12.00 French Open Tennis 1.00 Live French Open Tennis. The quarter-finals. 6.00 Game, Set and Mats 6.15 International Football 7.15 Road to Euro 2008 7.30 Game, Set and Mats 7.45 International Football 8.45 Road to Euro 2008 9.00 World Superbikes 10.00 French Open Tennis 11.00 World Touring Car Championship 11.30 World Rally Championship 12.30 Close

Sky Sports Xtra

3.00 Modern Pentathlon 4.00 Pipeline Adventures 4.30 Aerobics Oz Style 5.00 Sports Unlimited 6.00 BMX Cycling 6.30 Motor Racing 7.00 Modern Pentathlon 8.00 European Seniors Tour Golf 9.00 Pool 10.00 Powerboating 11.00 Challenge Tour Golf 11.30 Motor Racing 12.00 Spirit of Yachting 12.30 BMX Cycling 1.00 Pipeline Adventures 1.30 Motor Racing 2.00 A1 Grand Prix 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Dennis the Menace. (R) (T) 3.55 Frankenstein's Cat; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.10 Young Dracula. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes head to head with greed. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 New Blues. The prospective officers are half way through their training, and former PA Nat, electrician Mark and repossession agent Gary face their first real test as they spend a week with their mentors on the streets they will soon walk in their official capacity. Kevin Whately narrates; (T) BBC News; Regional News. (T)
8.00 What Not to Wear Revisited. New series. Model Lisa Butcher and singer Mica Paris catch up with two women first featured on the programme over a year ago, and check whether they kept up the high sartorial standards after the cameras had left them. Having initially placed them in the "women who were once teenage mums" category, the fashionistas hoped to prove that style does not have to be a matter of size or shape. (T)
9.00 The Apprentice. The five remaining candidates face a one-to-one interview with Alan Sugar's trusted team of advisors, who will interrogate them on every aspect of their lives and personalities to test whether they are up to the challenge of working for the tough-talking businessman. With just a week until the final, they then plead their case to the boss. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. More fortunes are made as the balls are set rolling and the all-important results of the Thunderball, Dream Number and Lotto draws are revealed. (T)
10.45 FILM: Minority Report (2002). Sci-fi thriller, starring Tom Cruise; (T) National Lottery Update and Weatherview. (T)
1.05 Sign Zone: Seaside Rescue. (R) (T) 1.35 Sign Zone: Alternative Therapies. (R) (T) 2.35 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 3.05 Sign Zone: To Buy or Not to Buy. (R) (T) 3.50 BBC News. (T)

Pick of the Day

Location, Location, Location (C4, 8pm)
Some pundits may be predicting a drop in house prices, but it seems Channel 4's stable of property experts won't be heading to dole queue just yet. Even in an uncertain market, people are still moving, and it could be argued house hunters need Location, Location, Location more than ever. After all, if the days when you could buy a house, coat it in magnolia and then sell up for a hefty profit two years later really are over, who better than Phil Spencer and Kirstie Allsopp to make sure you don't end up sinking your savings into the wrong pile of bricks and mortar? In this series, the duo will also be doing their bit to get the market moving again, as they tackle the thorny issue of stamp duty. However, in the first episode they'll be travelling to Luton and the Home Counties to help first-time buyer Zena Ellis find the perfect home on a budget of £125,000. They get to stay in the area when new parents Lysan and Bo Cheng ask for their assistance as they try to leave London and get back to their roots in Bedfordshire but even with £550,000 to play with, finding a property that meets all their requirements is going to be tough.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 House Guest. (T) 3.29 London Weather. (T) 3.30 Taggart. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Laurel still refuses to attend the parental hearing after Mel begs her not to go, but an ultimatum from Ashley sends her into turmoil. Marlon is delighted when he gets an audition on a local TV cookery show, and Andy tells Jo to sell her goats and to fire Sam. (T)
7.30 Coronation Street. A brooding Jason confides in Eileen that things with Becky are moving too fast for him, and trouble brews between Steve and Dan in their game of one-upmanship. Gail prepares for Ted's visit and David's return, while Jerry tells the kids there'll be some changes when he gets home. (T)
8.00 The Bill. Tensions rise between Terry and Max when they find themselves stuck in a traffic jam and are helpless to intervene as car-jackers drag a woman from her vehicle, stabbing her fatally. The atmosphere deteriorates as the detectives work on the case, which involves a large-scale international gang, and Sam has to separate them when they come to blows. (T)
9.00 The Great British Body. The big day arrives for Trinny Woodall and Susannah Constantine, who are hoping enough volunteers will take part in their bid to create a giant living sculpture on the Sussex Downs. Designed to look like an inspirational British man and woman, the work of art requires 300 participants willing to bare all - requiring some last-minute tactics to get locals on board. Last in series. (T)
10.00 News at Ten and Weather; Weather. (T)
10.35 Six Degrees. Mae reconsiders leaving the city and Carlos has difficulties with a murder case. Whitney struggles to plan her wedding, while Steven's new job could turn his life around. (T)
11.35 Secret Diary of a Call Girl. The normally unshockable Belle has her own eyes opened for a change when a client asks her to experiment with S&M - and her problems only grow worse as the pressures of leading a double life begin to take their toll. Billie Piper stars. (T)
12.05 Bingo Night Live. 1.05 Quincy ME; (R) (T) ITV News Headlines. 2.00 Loose Women. (R) 2.50 The Jeremy Kyle Show. (R) (T) 3.40 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Springwatch. (R) (T) 9.00 Bob the Builder: Project Build It. (R) (T) 9.10 Charlie and Lola; (R) (T) Fimbles Songtimes. (R) (T) 9.30 Big Barn Farm. (R) (T) 9.45 Nina and the Neurons. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 A Picture of Britain. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Sun, Sea and Bargain Spotting. (R) (T) 2.30 Through the Keyhole. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (T) 7.00 Mountain. Griff Rhys Jones scales the peaks of Snowdonia. Last in series. (R) (T) 8.00 Springwatch 2008. Bill Oddie, Kate Humble and Simon King study nature. (T) 9.00 Coast. Alice Roberts learns about a land bridge that once existed between East Anglia and Europe, while Neil Oliver finds an eyewitness account of the Battle of Trafalgar. (R) (T) 10.00 The Apprentice: You're Fired! Interview with the show's freshly rejected candidate. (T) 10.30 Newsnight; Weather. (T) 11.20 Visions of the Future: BBC Four on BBC Two. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.00 Grabbit the Rabbit. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.00 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Weapons That Made Britain. (R) (T) 11.25 Vocation, Vocation, Vocation; (R) (T) Tate Modern and 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Eating for Britain. (R) (T) 12.45 FILM: The Siege of the Saxons (1963). Medieval adventure, starring Ronald Lewis. (T) 2.20 A Place in the Sun: Home or Away. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Great Relativity Show. Einstein's theory of relativity. (R) (T) 8.00 Location, Location, Location. New series. Helping a first-time buyer and new parents. (T) 9.00 River Cottage Spring. Hugh Fearnley-Whittingstall uses lettuce and spinach. (T) 10.00 FILM: Blade: Trinity (2004). Premiere. Horror sequel, in which the vampire-slaying Daywalker teams up with two fellow bloodsucker-bashers to tackle the daddy of them all - Dracula. Starring Wesley Snipes. (T) 12.05 The World's Fattest Pet and Me. (R) (T) 1.10 4Music: What About Me? (T) 1.40 4Music: The Green Room. (R) (T) 2.05 Coming Up: Scapegoat. (R) (T) 2.35 Meeting Helen. (R) (T) 2.45 Stargate SG-1. (R) (T) 3.25 Stargate SG-1. (R) (T) 4.10 3 Minute Wonder: Straight Eight in 2008. (R) (T) 4.15 St Elsewhere. (R) 5.05 In Your Dreams. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (R) (T) 6.45 Fireman Sam. (R) (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.15 Rupert Bear. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (T) 7.45 Sailor Sid. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 I Own Britain's Best Home. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.15 FILM: Ordinary Miracles (2005). Emotional drama, starring Jaclyn Smith. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Massive Speed. Chris Barrie explores the world of hot rod racing; (R) (T) 7.30 five news update. (T) 8.00 Megastructures. The building of cruise liner Freedom of the Seas; (T) 8.00 five news at 9. 9.00 The Hotel Inspector Revisits. Ruth Watson returns to the Grand Hotel in Hastings. (T) 10.00 Married to the Eiffel Tower: Strangelove. A woman who is "married" to the Eiffel Tower. (T) 11.05 Most Evil. (T) 12.05 PartyPoker.com European Open IV. 1.05 Live NHL Ice Hockey. Pittsburgh Penguins v Detroit Red Wings. 3.45 Arenacross. 4.20 Grand American Racing. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1515 Prova de Amor 1530 Portugal no Coração 1800 O Preço Certo 2000 News 2100 Em Reportagem 2130 Quem Quer Ser Milionário 2230 The Island, film 0330 Euronews 0400 Portugal no Coração 0605 Nós
RTP2
0700 Euronews 0715 Zig Zag 1300 Entre Pratos 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fè dos Homens 1900 Biosfera 1945 Zig Zag 2045 Friends 2115 National Geographic 2200 News 2230 Chick 2330 Clube de Jornalistas 0030 Noites da 2 0115 Universidades 0145 Bastidores 0230 Sociedade Civil 0400 Euro News
SIC
0600 Sic Noticias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2130 Clube Portugal 2200 Ciranda de Pedra 2245 Desejo Proibido 2330 Duas Caras 0030 Csi Las Vegas 0130 CSI Miami 0230 Quando o Telefone Toca
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Que Quer Ganha 1800 Morangos com Açucar – Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 The Sitter, film 0230 Toca a Ganhar 0345 TVI Negocios 0400 O Portector IV 0500 Telesales

Best of the Rest

BBC3
7.00 Holby City 8.00 Film: Galaxy Quest PG (1999) 9.35 Ideal 10.05 Two Pints of Lager and a Packet of Crisps 10.35 Two Pints of Lager and a Packet of Crisps 11.05 Glamour Girls 11.35 American Dad! 12.00 American Dad! 12.20 Ideal 12.50 Two Pints of Lager and a Packet of Crisps 1.20 Two Pints of Lager and a Packet of Crisps 1.50 Glamour Girls 2.20 Dog Borstal Unleashed 2.50 Shopping Is My Life 3.50 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Sounds of the Seventies 7.35 Batman 8.00 Venice 9.00 My New Best Friend 10.00 Film: Etre et Avoir U (2002) 11.40 What Happened Next? 12.40 My New Best Friend 1.40 Not Cricket - Hansie Cronje 2.40 Clarissa and the King's Cookbook 3.10 My New Best Friend 4.10 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Cops with Cameras 9.00 Britain's Got More Talent 10.00 Film: Beverly Hills Cop 15 (1984) 12.05 Keith Lemon's Very Brilliant World Tour 12.40 Laura, Ben and Him 1.10 Coronation Street 1.35 Teleshopping 4.35 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Tru Calling 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Don't Forget the Lyrics 9.00 Film: A Few Good Men 15 (1992) 11.35 Cold Case 12.35 Prison Break 1.35 Tru Calling 2.30 Street Wars 3.20 Bite Size Brainiac 3.30 Airline 3.55 Airline 4.20 Brainiac: Science Abuse 5.10 Guilty!
UKTV Gold
1.20 My Hero 2.00 Open All Hours 2.40 2point4 Children 3.20 Last of the Summer Wine 4.00 The Two Ronnies 5.00 Casualty 6.00 Murder, She Wrote 7.00 Last of the Summer Wine 7.40 The Thin Blue Line 8.20 My Family 9.00 Open All Hours 9.40 Victoria Wood as Seen on TV 10.20 Men Behaving Badly 11.00 I'm Alan Partridge 11.40 2point4 Children 12.20 Last of the Summer Wine 1.00 Charlie's Angels 2.00 The New Adventures of Old Christine 2.25 Fantasy Island 3.10 The Bill 4.00 Murder, She Wrote 4.50 Animal Park 5.35 Neighbours
TCM
1.00 Mansfield Park 1.55 Mansfield Park 3.00 My Favorite Year PG (1982) 4.40 The Shoes of the Fisherman U (1968) 7.25 Where Were You When the Lights Went Out? PG (1968) 9.00 Get Carter 18 (1971) 11.05 The Best House in London 15 (1968) 12.50 Hysteria 15 (1965) 2.15 Grand Prix PG (1966) 5.00 Young Tom Edison U (1940)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.05 Christmas on Chestnut Street PG (2006) 7.35 Deep Family Secrets PG (1997) 9.10 Saving Milly PG (2005) 10.40 Can't Be Heaven PG (1999) 12.25 Three Wishes PG (1995) With Patrick Swayze. 2.25 Breakfast on Pluto 15 (2005) With Cillian Murphy. 4.35 Columbo Undercover PG (1994) With Peter Falk. 6.15 Mrs Harris 15 (2005) With Annette Bening. 8.00 Rob Roy 15 (1995) With Liam Neeson. 10.25 Hollywoodland 15 (2006) With Adrien Brody. 12.35 North Country 15 (2005) With Charlize Theron. 2.45 Sex and the City Special 3.05 Angel Rodriguez 15 (2005) 4.35 Christmas on Chestnut Street PG (2006)

Sky Movies Comedy

6.05 Shooting Fish 12 (1997) 8.05 Maverick PG (1994) 10.15 A Fish Called Wanda 15 (1988) 12.15 You, Me and Dupree 12 (2006) With Owen Wilson. 2.05 Last Holiday 12 (2006) With Queen Latifah. 4.00 Shooting Fish 12 (1997) With Dan Futterman. 6.00 A Fish Called Wanda 15 (1988) With John Cleese. 8.00 Maverick PG (1994) With Mel Gibson. 10.10 You, Me and Dupree 12 (2006) With Owen Wilson. 12.00 Last Holiday 12 (2006) With Queen Latifah. 1.55 Bull Durham 15 (1988) With Kevin Costner. 3.45 I'm Gonna Git You Sucka 15 (1988) 5.20 Princess Caraboo PG (1994)

Sky Movies Action

6.10 When a Stranger Calls 15 (2006) 7.50 Sci-fi & Horror Close Up 8.20 Legionnaire 15 (1998) 10.00 The House Next Door 12 (2006) 11.40 Grendel 12 (2007) With Chris Bruno. 1.20 14 Hours 12 (2005) With Rick Schroder. 3.00 Freedomland 15 (2006) With Samuel L Jackson. 5.00 Action & Thriller Close Up 5.30 When a Stranger Calls 15 (2006) With Camilla Belle. 7.10 Legionnaire 15 (1998) With Jean-Claude Van Damme. 9.00 Final Approach 10.30 Final Approach 12.00 Lethal Weapon 2 18 (1989) With Mel Gibson. 2.05 Salvador 18 (1986) With James Woods. 4.20 Angel Flight Down PG (1996)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Poker 11.00 A Knight with Sir Alex 12.00 Live Cricket. A Friends Provident Trophy quarter-final tie. 8.00 Boots 'n' All 9.00 FIFA Futbol Mundial 9.30 Total Rugby 10.00 Transworld Sport 11.00 Boots 'n' All 12.00 Soccer AM: The Best Bits 1.00 Poker 3.00 Total Rugby 3.30 FIFA Futbol Mundial 4.00 Soccer AM: The Best Bits 5.00 Sports Unlimited

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 Aerobics Oz Style 7.30 Pipeline Adventures 8.00 Sports Unlimited 9.00 Pipeline Adventures 9.30 Motor Racing 10.00 Pool 11.00 Powerboating 12.00 Spirit of Yachting 12.30 The Rugby Club 2.00 Poker 4.00 PGA EuroPro Tour Golf 6.00 Boots 'n' All 7.00 Live Horse Racing. From Leopardstown and Ripon. 9.00 Pipeline Adventures 9.30 BMX Cycling 10.00 European Tour Weekly 10.30 FIFA Futbol Mundial 11.00 NFL: Total Access 12.00 European Tour Weekly 12.30 PGA EuroPro Tour Golf 2.30 Transworld Sport

Sky Sports 3

6.30 Spirit of Yachting 7.00 The Rugby Club 8.30 Challenge Tour Golf 9.00 Spirit of Yachting 9.30 BMX Cycling 10.00 Modern Pentathlon 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Sports Unlimited 1.00 NFL: Total Access 2.00 Pipeline Adventures 2.30 Motor Racing 3.00 Sports Unlimited 4.00 Pool 5.00 NFL: Total Access 6.00 European Tour Weekly 6.30 Total Rugby 7.00 BMX Cycling 7.30 FIFA Futbol Mundial 8.00 PGA EuroPro Tour Golf 10.00 Watersports World 11.00 Ten Pin Bowling 12.00 BMX Cycling 12.30 FIFA Futbol Mundial 1.00 Modern Pentathlon 2.00 BMX Cycling 2.30 Max Power 3.30 Close

British Eurosport

7.30 Game, Set and Mats 7.45 Mission to Beijing 8.00 Yoz Magazine 8.30 WATTS 9.00 Road to Euro 2008 9.15 International Football 10.00 International Football 11.00 International Football 11.45 Game, Set and Mats 12.00 French Open Tennis 1.00 Live French Open Tennis. Day 11 at Roland Garros. 6.00 Game, Set and Mats 6.15 International Football 7.15 Road to Euro 2008 7.30 Game, Set and Mats 7.45 Wednesday Selection 7.55 Show Jumping 8.55 Show Jumping 9.55 Riders Club 10.00 Golf Club 10.05 Yacht Club 10.10 Wednesday Selection 10.15 French Open Tennis 11.00 Olympic Magazine 11.30 International Football 12.15 Game, Set and Mats 12.30 Close

Sky Sports Xtra

10.00 European Seniors Tour Golf 11.00 PGA EuroPro Tour Golf 1.00 Ladies European Tour Golf 2.00 European Seniors Tour Golf 3.00 Modern Pentathlon 4.00 Pipeline Adventures 4.30 Spirit of Yachting 5.00 Powerboating 6.00 Pipeline Adventures 6.30 Irish Greyhound Racing 7.00 Modern Pentathlon 8.00 Ten Pin Bowling 9.00 Pool 10.00 Max Power 11.00 Pipeline Adventures 11.30 Irish Greyhound Racing 12.00 Transworld Sport 1.00 Pipeline Adventures 1.30 Irish Greyhound Racing 2.00 Watersports World 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Dennis the Menace. (R) (T) 3.55 Frankenstein's Cat. (R) (T) 4.05 Stake Out. (R) (T) 4.35 Hider in the House. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Patrick resorts to desperate measures to save Chelsea from a path of self-destruction, but may have left it too late. Dawn spruces herself up in readiness for the surprise Jase has for her, while Keith calls in a favour from the Masoods. Ricky and Bianca try to cajole Liam into taking a test; (T) BBC News; Regional News. (T)
8.00 HolbyBlue. The CID team investigate after a number of hoax calls lure officers to places where a lone sniper lies in wait. Kelly is asked to view CCTV footage of a nightclub robbery and spots her husband in a clinch with another woman. Kate arrives home to be confronted by John's violent father, while Jake and Lucy respond to a call-out and head straight into the gunman's lair. Last in series. (T)
9.00 The Invisibles. Maurice's check-up at the doctors doesn't quite go as planned, prompting him to take his health more seriously. However, his plans to relax are scuppered by an irate Barbara, who demands he retrieve Grace's valuable violin - which has been stolen. Meanwhile, Syd gets drunk after receiving bad news and his paralytic state nearly causes the gang to get caught red-handed. Last in series, starring Warren Clarke and Anthony Head. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Holiday Weatherview. (T)
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: The Secret Peacemaker. (R) (T) 1.55 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 2.25 Sign Zone: To Buy or Not to Buy. (R) (T) 3.10 BBC News. (T)

Pick of the Day

Big Brother Launch Show (C4, 9pm)
Davina McCall returns with the king of all reality series, and here we get to see who will be spending the next few months eating and sleeping under the same roof. The makers of this yea's contest really have their work cut out if they want to top 2007's shenanigans, in which huge BB fan Brian Belo walked off with the prize. The big question is: what can this year's contestants expect? Now all should become clear as the new house is seen by millions for the first time. Old favourites such as the Diary Room are bound to return and we can expect a large garden for those fiendish challenges. Regardless of who wins, there will be plenty of chances for the fame-hungry contestants to be transformed into minor celebs. As always, participants are voted out on a weekly basis, Davina is on hand to grill the evictees and new presenters George Lamb and Zezi will be there to analyse all the highlights in Big Brother's Little Brother. There's no escaping the show in the coming weeks, so you may as well surrender to that winning mix of gossip and games as the new tenants attempt to win your heart.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 House Guest. (T) 3.29 London Weather. (T) 3.30 Taggart. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Laurel and Ashley are named as Arthur's parents, leaving Mel devastated. Jo is angry with Andy for firing Jake, and Ross becomes jealous when he sees Marlon and Donna together. (T)
7.30 Tales from the Country. The presenters meet two artists inspired by landscapes. Selina Scott is in Derbyshire talking to a photographer who documents the country's hill farmers, and finds time to join the annual sheep gathering. In Essex, Tony Francis meets a landscape painter who has fallen for the marshland areas. (T)
8.00 The Bill. Part one of two. Sally and Beth discover a man found badly beaten had argued with his runaway daughter Lucy the night before. Beth develops a soft spot for the girl, but can't get much out of her about the incident and her touchingly protective boyfriend Mark (guest star Joe Absolom) denies suggestions he might be involved. The family clearly have a lot to hide and Sally warns Beth not to get personally involved. Concludes next Wednesday. (T)
9.00 Taggart. The body of a private investigator is discovered at the bottom of a local quarry. After learning from the victim's fiancee that he was working on the case of a missing woman, and had claimed to have found her, the team become convinced his investigation is the key to solving the murder. Last of three new episodes of the crime drama, starring Blythe Duff and John Michie.
10.00 News at Ten and Weather; Weather. (T)
10.40 Q-Cars - Robbery Squad. The team are called to help the victim of an attempted robbery and are immediately confronted by the assailant, while another case takes an unexpected turn. Last in series.
11.10 Suggs in the City. The Madness frontman presents the chat show with celebrity guests and live acoustic performances.
11.40 Police, Camera, Action! Adrian Simpson details an audacious new scam in which cars are taken from their owners by violent means, then cloned so the public can be duped into buying them. (R) (T)
12.10 Bingo Night Live. 1.10 Motorsport UK; (T) ITV News Headlines. 1.40 Loose Women. (R) 2.30 The Jeremy Kyle Show. (R) (T) 3.20 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Springwatch. (R) (T) 9.00 Bob the Builder: Project Build It. (R) (T) 9.10 Charlie and Lola; (R) (T) Fimbles Songtimes. (R) (T) 9.30 Big Barn Farm. (R) (T) 9.45 Nina and the Neurons. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: BBC Primary History. (T) 10.50 Megamaths. (T) 11.10 BBC Primary Geography. (T) 11.30 Thinking Skills. (T) 11.40 Thinking Skills. (T) 11.50 Maths Channel. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Animal Park. (T) 2.00 Sun, Sea and Bargain Spotting. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (T) 7.00 Jonathan Meades: Magnetic North. Searching for the essence of "northernness". Last in series. (T) 7.30 Women in Black. The Muslim influences in Holland's pop-culture. Last in series. (T) 8.00 Springwatch 2008. Bill Oddie, Kate Humble and Simon King study nature. (T) 9.00 Heroes. Peter and Caitlin discover the shocking consequences of the Shanti virus as they teleport into the future, while a group of heroes confront the Nightmare Man. (T) 9.45 The Graham Norton Show. Comedy talk show. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Heroes Unmasked. (T) 11.40 Two Pints of Lager and a Packet of Crisps. (T) 12.10 Malcolm in the Middle. (R) (T) 12.30 Malcolm in the Middle. (R) (T) 12.50 BBC News. (T) 3.10 Meerkat Manor. (R) (T) 3.35 Meerkat Manor. (R) (T) 4.00 BBC Learning Zone. (T)

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.00 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Weapons That Made Britain; (R) (T) 3 Minute Wonder. (R) (T) 11.25 Vocation, Vocation, Vocation; (R) (T) Tate Modern and 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 FILM: Ten Tall Men (1951). Foreign Legion adventure, starring Burt Lancaster. (T) 2.20 A Place in the Sun: Home or Away. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Great Relativity Show. Gravity. Last in series. (R) (T) 8.00 Come Dine with Me. A 10-course banquet sets the night alight as four Glaswegian dinner-party hosts attempt to outdo each other in a bid to win the #1,000 prize. (T) 9.00 Big Brother Launch Show. Davina McCall kicks off the ninth series of the ultimate reality TV show with the first chance to meet the new contestants selected to live together over the coming weeks. (T) 10.40 The Big Brother Launch Night Project. (T) 11.45 My Name Is Earl. (T) 12.15 The Big Bang Theory. (T) 12.45 Derren Brown: Trick or Treat. (R) (T) 1.10 Peep Show. (R) (T) 1.40 King of the Hill. (R) (T) 2.05 Big Brother Live. 4.25 Transworld Sport. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (R) (T) 6.45 Fireman Sam. (R) (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.15 Rupert Bear. (R) (T) 7.25 Mio Mao. (R) (T) 7.35 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 I Own Britain's Best Home. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 five news update. 3.10 FILM: Too Young to Be a Father (2002). Emotional drama, starring Kathy Baker. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.15 Cricket on five. England v New Zealand. Mark Nicholas presents highlights of the opening day of the Third Test at Trent Bridge, the final match of the series; 7.15 five news update. (T) 8.00 The Property List. New series exploring the best places to live in Britain; (T) 8.00 five news at 9. 9.00 House. A bride collapses with bleeding from her bladder. (T) 10.00 Grey's Anatomy. Part two of two. George awaits the outcome of his father's operation. (T) 11.00 Pleasure for Sale. (R) (T) 12.00 Quiz Call. 1.00 Live NBA Basketball. Game one of the NBA Finals. 4.00 Major League Soccer. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Prova de Amor 1530 Portugal No Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Grande Entrevista 2145 Quem Quer Ser Milionário 2245 Sal na Língua 2315 Corredor do Poder 0015 RFK Robert Dornhelm, film 0215 Euronews 0400 Portugal no Coração 0605 Nós

RTP2
0700 Euronews 0715 Zig Zag 1300 Entre Pratos 1400 Sociedade Civil 1530 Consigo 1600 National geographic 1700 Zig Zag 1830 A Fè dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Friends 2115 National Geographic 2200 News 2240 Bones 2330 Balanço & Contas 0030 Noites da 2 0115 Univerdidades 0145 Iniciativa 0230 Liga dos Últimos 0315 Sociedade Civil 0445 Euronews

SIC
0600 Six Notícias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2130 Clube Portugal 2215 Ciranda de Pedra 2300 Desejo Roibido 2345 Duas Caras 0045 CSI Las Vegas 0145 Cartaz Cultural 0230 Quando o Telefone Toca

TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Tarde de Julia 1700 Quem Quer Ganha 1800 Morangos Com Açucar 2115 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0100 Escritorio 0200 Cartaz das Artes 0230 Alfie, film 0445 Telesales

Best of the Rest

BBC3
7.00 Shopping Is My Life 8.00 Greek 8.45 Greek Uncovered 9.00 Blood, Sweat and T-Shirts 10.00 EastEnders 10.30 Heroes 11.10 Family Guy 11.35 Family Guy 11.55 Greek 12.40 Blood, Sweat and T-Shirts 1.40 Shopping Is My Life 2.35 Greek Uncovered 2.55 Kizzy: Mum at 14 3.55 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Terry Jones' Medieval Lives 8.00 Child of Our Time 9.00 A Revolution in Childhood 10.30 Blue Remembered Hills 11.45 Proms on Four 2007 2.15 Bombay Railway 3.15 A Revolution in Childhood 4.45 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Britain's Got More Talent 9.00 Katie & Peter: The Next Chapter 10.00 Gossip Girl 11.00 Entourage 11.30 The Office: An American Workplace 12.00 Katie & Peter: The Next Chapter 1.00 Entourage 1.30 The Office: An American Workplace 2.00 Teleshopping 5.00 ITV2 Nightscreen

Sky One
1.00 Cold Case 2.00 Tru Calling 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Project Runway 9.00 Bones 10.00 Cold Case 11.00 Road Wars 12.00 Prison Break 1.00 Cold Case 1.50 Road Wars: USA 2.40 Tru Calling 3.30 Airline 3.55 Airline 4.20 Brainiac: Science Abuse 5.10 Guilty!

UKTV Gold
1.20 My Hero 2.00 Open All Hours 2.40 2point4 Children 3.20 Last of the Summer Wine 4.00 The Two Ronnies 5.00 Casualty 6.00 Murder, She Wrote 7.00 Last of the Summer Wine 7.40 The Thin Blue Line 8.20 My Family 9.00 Open All Hours 9.40 Victoria Wood as Seen on TV 10.20 Men Behaving Badly 11.00 I'm Alan Partridge 11.40 2point4 Children 12.20 Last of the Summer Wine 1.00 Charlie's Angels 2.00 The New Adventures of Old Christine 2.25 Fantasy Island 3.10 The Bill 4.00 Murder, She Wrote 4.50 Animal Park 5.35 Neighbours

TCM
1.00 A Tale of Two Cities 3.00 Gaby PG (1956) 4.40 Challenge to Lassie U (1949) 6.00 The King's Thief U (1955) 7.25 Code Name: Emerald PG (1985) 9.00 2001: A Space Odyssey U (1968) 11.30 The Night Digger 15 (1971) 1.20 Pride of the Marines PG (1945) 3.20 Made in Paris PG (1966) 5.00 The Thin Man U (1934)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.05 The End of Eden PG (1996) 7.50 The Simple Life of Noah Dearborn PG (1999) 9.35 Drama Close Up 10.05 The World's Fastest Indian 12 (2006) 12.20 World Trade Center 12 (2006) With Nicolas Cage. 2.30 Love Letters PG (1999) With Laura Linney. 4.10 Columbo: Death Hits the Jackpot PG (1991) With Peter Falk. 6.00 Get Rich or Die Tryin' 15 (2005) With Curtis "50 Cent' Jackson. 8.00 World Trade Center 12 (2006) With Nicolas Cage. 10.10 Breaking and Entering 15 (2006) With Jude Law. 12.10 All the King's Men 12 (2005) With Sean Penn. 2.25 Friends with Money 15 (2006) With Jennifer Aniston. 3.55 If Only 15 (2004) 5.35 The End of Eden PG (1996)

Sky Movies Comedy

7.00 Family Close Up 7.30 The Pirates of Penzance U (1982) 9.30 Dukes of Hazzard: The Beginning 15 (2007) 11.15 Because I Said So 12 (2007) With Diane Keaton. 1.00 Rush Hour 12 (1998) With Jackie Chan. 2.45 Sister Act PG (1992) With Whoopi Goldberg. 4.30 The Shaggy Dog U (2006) With Tim Allen. 6.10 Because I Said So 12 (2007) With Diane Keaton. 8.00 Sister Act PG (1992) With Whoopi Goldberg. 9.45 Rush Hour 12 (1998) With Jackie Chan. 11.30 The Matador 15 (2005) With Pierce Brosnan. 1.15 Underfunded 12 (2006) With Mather Zickel. 2.45 An Alan Smithee Film: Burn, Hollywood, Burn 12 (1997) With Eric Idle. 4.15 The Duke U (1999) 5.45 The Top 10 Show

Sky Movies Action

6.05 Eddie Macon's Run 15 (1983) 7.55 Once Upon a Time in the West 15 (1969) 10.45 The Ice Harvest 15 (2005) 12.25 Decades 60s 12.45 Eddie Macon's Run 15 (1983) With John Schneider. 2.35 Gorky Park 15 (1983) With William Hurt. 4.50 187 15 (1997) With Samuel L Jackson. 7.00 Firewall 12 (2006) With Harrison Ford. 9.00 The Last Boy Scout 18 (1991) With Bruce Willis. 10.50 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 12.45 Inferno 18 (1999) With Jean-Claude Van Damme. 2.30 Vanishing Point 18 (1971) With Barry Newman. 4.20 Young Ivanhoe PG (1995)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 FIFA Futbol Mundial 9.30 Boots 'n' All 10.30 Live Test Cricket. England v New Zealand. 7.00 Live Darts. Day one of the UK Open. 11.00 Premier League World 11.30 Test Cricket 1.30 Premier League World 2.00 Race World 3.00 Test Cricket 5.00 Premier League World 5.30 IAAF Athletix Weekly

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 Aerobics Oz Style 7.30 Pipeline Adventures 8.00 Watersports World 9.00 Pipeline Adventures 9.30 European Tour Weekly 10.00 Live European Tour Golf. Round one of the BA-CA Golf Open. 12.00 FIFA Futbol Mundial 12.30 Total Rugby 1.00 Boots 'n' All 2.00 Total Rugby 2.30 FIFA Futbol Mundial 3.00 Live European Tour Golf. Round one of the BA-CA Golf Open. 5.00 NFL: Total Access 6.00 Equestrian 6.30 Race World 7.30 Premier League World 8.00 Test Cricket 10.00 Live Poker. Coverage of the online Sky Poker Five-0 tournament. 12.00 NFL: Total Access 1.00 Rugby League 3.00 Poker 5.00 Close

Sky Sports 3

7.30 European Tour Weekly 8.00 Total Rugby 8.30 Irish Greyhound Racing 9.00 Transworld Sport 10.00 Ten Pin Bowling 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 NFL: Total Access 2.00 Pipeline Adventures 2.30 Irish Greyhound Racing 3.00 Watersports World 4.00 Boots 'n' All 5.00 Ten Pin Bowling 6.00 Transworld Sport 7.00 IAAF Athletix Weekly 7.30 Live Rugby League. Batley Bulldogs v Dewsbury Rams (Kick-off 7.30pm). 9.30 WWE: Late Night - Raw 11.30 Extreme Championship Wrestling 12.30 IAAF Athletix Weekly 1.00 Darts 5.00 Close

British Eurosport

7.30 Game, Set and Mats 7.45 Road to Euro 2008 8.00 Show Jumping 9.00 Show Jumping 10.00 Road to Euro 2008 10.15 International Football 11.00 International Football 12.00 French Open Tennis 12.45 Live French Open Tennis. The women's semi-finals. 5.00 Game, Set and Mats 5.15 Rhythmic Gymnastics 6.00 International Football 6.45 Euro 2008 Preview 7.15 Road to Euro 2008 7.30 Game, Set and Mats 7.45 Euro 2008 Preview 8.15 MotoGP 10.00 French Open Tennis 11.00 World Rally Championship 12.00 Road to Euro 2008 12.15 Game, Set and Mats 12.30 Close

Sky Sports Xtra

12.30 European Tour Golf 2.30 Ten Pin Bowling 3.30 Total Rugby 4.00 Pipeline Adventures 4.30 Aerobics Oz Style 5.00 Watersports World 6.00 Pipeline Adventures 6.30 ATP Tennis 7.00 The Dogs 7.30 Golf Night 9.30 Equestrian 10.00 Race World 11.00 Pipeline Adventures 11.30 The Dogs 12.00 Golf Night 2.00 Pipeline Adventures 2.30 ATP Tennis 3.00 The Dogs 3.30 Equestrian 4.00 Close

Everything in English

707
500
600

BBC1

6.00 Breakfast. (T) 9.15 Don't Get Done, Get Dom. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Trash to Cash; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Dennis the Menace. (R) (T) 3.55 Frankenstein's Cat; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.10 The Basil Brush Show. (R) (T) 4.35 The Slammer. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, eliminating the poorest players as they go. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 New Blues. The Police Community Support Officers sample their first taste of life on the beat as they leave the classroom behind and patrol parts of Yorkshire which have a high rate of crime. Former personal assistant Nat, electrician Mark and repossession agent Gary hope to complete their training and 'pass out". Last in series, narrated by Kevin Whately; (T) BBC News; Regional News. (T)
8.00 EastEnders. Dawn is suspicious of Jase's behaviour, but is shocked by what she discovers. A concerned Patrick goes looking for Chelsea, whose behaviour is spiralling out of control. Bradley realises Piers has brought drugs to the club and fears his reputation may be in jeopardy. Keith outstays his welcome at Zainab's. (T)
8.30 Weakest Link Special. Anne Robinson hosts a special edition of the general knowledge quiz, featuring candidates from all four series of The Apprentice, who find themselves in the firing line again. (T)
9.30 Have I Got News for You. Jeremy Clarkson guest hosts the satirical current affairs quiz, and is joined by two invited panellists and regular team captains Ian Hislop and Paul Merton. Last in series. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. The host is joined by actor and comedian Robbie Coltrane, star of Cracker and the Harry Potter films. With music by singer-songwriter Paul Weller. (T)
11.35 The National Lottery EuroMillions Draw. Sarah Cawood presents coverage of the National Lottery EuroMillions weekly draw. (T)
11.40 FILM: Money Train (1995). Action comedy, starring Woody Harrelson; (T) Weatherview. (T)
1.30 Sign Zone: Imagine. (R) (T) 2.20 Sign Zone: To Buy or Not to Buy. (R) (T) 3.05 BBC News. (T)

Pick of the Day

Peep Show (C4, 10.35pm)
When Mark and Sophie's wedding went horribly wrong at the end of the fourth series, some fans could have been forgiven for thinking there was nowhere left for this award-winning sitcom to go. Luckily, the writers have proved them wrong ‹ this current run has shown there's still plenty of mileage left in the mismatched flatmates, especially now they are both young (ish), free and single. No wonder Channel 4 has commissioned a sixth season. In this episode, the last in the current series, Mark has a go at online gaming and live role-play with Dobby and starts to wonder if she might be The One. Of course, he thinks that about most women he meets, but the misfit IT worker does seem to seem to have a frightening amount in common with him. Could the hapless history buff really have been lucky enough to have found his soulmate? However, before he can look to the future, there's still the little matter of his marriage to Sophie to sort out. Elsewhere, the eternally impressionable Jeremy joins a cult. David Mitchell, Robert Webb, Olivia Colman and Isy Suttie star.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 House Guest. (T) 3.29 London Weather. (T) 3.30 Taggart. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Ashley and Laurel take Arthur home and try to explain the situation to Gabby, while the Dolands are left heartbroken and struggling to cope with their loss. Val loans David money unaware it is being used to pay Pollard's debts. Pearl returns from her cruise and reveals Joe was asked to leave the ship. (T)
7.30 Coronation Street. Steve and Dan's feud escalates and an aggressive row breaks out on the street. Becky tries to keep Jason keen by splashing out on sexy underwear, and Gail and Tina bring David home. (T)
8.00 The Fat Bribe: Tonight. (T)
8.30 Coronation Street. Dan turns up at the Rovers to sort things out with Steve, but a fight develops which leaves the bookie badly injured. Gail falls out with Audrey when she refuses to take David back at the salon, and Becky's alluring get-up leaves Jason powerless to resist. Meanwhile, Tony returns home unexpectedly, and unlikely companions Carla, Michelle and Leanne have a night out. (T)
9.00 A Touch of Frost. Downtrodden detective Jack Frost investigates after an unidentified man's body is found on top of a pile of glass at a council recycling centre - and the subsequent autopsy reveals a few surprises. Another case is soon on the cards when an apparent suicide raises suspicions. On the personal front, Frost decides to get in shape and joins a gym, where he falls for the charms of his fitness trainer. Starring David Jason and Claire Cox. (R) (T)
11.00 The Late News and Weather; Weather. (T)
11.45 Raines. A 20-year-old drug dealer with aspirations of becoming a comic-book illustrator is found dead in LA, and Raines' concerns increase for Charlie, who is struggling to come to terms with his father's death. Drama, starring Jeff Goldblum, Madeleine Stowe and Malik Yoba. (T)
12.30 Bingo Night Live; ITV News Headlines. 1.25 FILM: Whatever Happened to Harold Smith? (1999). Comedy, starring Tom Courtenay. (T) 3.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Springwatch. (R) (T) 9.00 Bob the Builder: Project Build It. (R) (T) 9.10 Charlie and Lola; (R) (T) Fimbles Songtimes. (T) 9.30 Big Barn Farm. (R) (T) 9.45 Nina and the Neurons. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: The Magic Key. (T) 10.45 The Way Things Work. (T) 11.00 The Way Things Work. (T) 11.15 Tales from Europe. (T) 11.30 Watch. (T) 11.45 Something Special. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Racing from Epsom. Including the 4.05 Juddmonte Oaks (1m 4f 10yds). (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 A Taste of My Life. (T) 7.00 The Profits of Gloom. Businesses profiting from the possibility of a recession. (T) 7.30 Derby Day Preview. A look ahead to tomorrow's Derby at Epsom. (T) 8.00 Gardeners' World. The team explore the impact of climate change, looking at plants in the dry garden that can survive a hot summer and exotic vegetables that can now be grown outdoors. (T) 9.00 Alexei Sayle's Liverpool. New series. The comedian returns to his hometown. (T) 10.00 QI. With Doon Mackichan, Jimmy Carr and Dara O'Briain. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 The Culture Show Uncut. (T) 12.20 Star Trek: The Next Generation. (R) (T) 1.05 Star Trek: The Next Generation. (R) (T) 1.50 Kyle XY. (R) (T) 2.35 FILM: Greetings (1968). Comedy drama, starring Robert De Niro. (T) 4.05 Malcolm in the Middle. (R) (T) 4.25 Malcolm in the Middle. (R) (T) 4.50 Close.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.30 Big Brother Launch Show. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.00 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Weapons That Made Britain; (R) (T) 3 Minute Wonder. (R) (T) 11.25 Vocation, Vocation, Vocation; (R) (T) Tate Modern and 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 FILM: The Scarlet Pimpernel (1934). Period adventure, starring Leslie Howard. (T) (bw) 2.20 A Place in the Sun: Home or Away. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: BBBBBF: Britain's Biggest Blogging Big Brother Fan. A TV addict explores his Big Brother obsession. (R) (T) 8.00 Deadliest Catch. On the trail of the Alaskan king crab. (T) 9.00 Big Brother. The first 24 hours in the house. (T) 10.00 Derren Brown: Trick or Treat. The power of superstition comes into force when all participants from the series, including David Tennant, are invited to a party to mark the end of filming. Last in series. (T) 10.35 Peep Show. (T) 11.10 Gordon Ramsay's F Word. (R) (T) 12.15 The Big Bang Theory. (R) (T) 12.45 4Music: 4Music Presents: The Fratellis. (T) 1.15 4Music: Beat Stevie. (T) 1.30 4Music: JD Set Presents Subways. (T) 1.40 Afterworld. (T) 2.05 Goalissimo. 3.00 Big Brother Live. 4.25 St Elsewhere. (R) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (R) (T) 6.45 Fireman Sam. (R) (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.15 Rupert Bear. (R) (T) 7.25 Mio Mao. (R) (T) 7.35 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 I Own Britain's Best Home. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 The Family Recipe. (R) (T) 3.10 FILM: Survival on the Mountain (1997). Fact-based adventure, starring Markie Post. (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (T) 7.00 five news. (T) 7.15 Cricket on five. England v New Zealand. Mark Nicholas presents highlights of the second day of the Third Test at Trent Bridge, the final match of the series; (T) 7.15 five news update. (T) 8.00 Police Interceptors. A pursuit ends with the driver of a stolen Lexus crashing the luxury vehicle, and the police interception unit deal with a car deemed too sexy by officers; (T) 8.00 five news at 9. 9.00 NCIS. A helicopter is found in a crop circle. (R) (T) 10.00 Shark. The team try to identify a serial sniper. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Quiz Call. 4.45 Out of Practice. (R) (T) 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom dia Portugal 1000 Dia do Mar 1300 News 1530 Dia do Mar 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 è Agora 2130 Liga dos Últimos 2215 Quem Quer Ser Milionário 2315 Sexta À Noite 0145 Nightmare on Elm Street V, film 0345 Euronews 0400 Portugal No Coração
RTP2
0700 Euronews 0715 Zig Zag 1300 Entre Pratos 1400 Sociedade Civil 1530 Consigo 1600 National geographic 1700 Zig Zag 1830 A Fè dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Friends 2115 National Geographic 2200 News 2240 Bones 2330 Balanço & Contas 0030 Noites da 2 0115 Univerdidades 0145 Iniciativa 0230 Liga dos Últimos 0315 Sociedade Civil 0445 Euronews
SIC
0600 Sic Noticias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2130 Club Portugal 2200 Ciranda de Pedra 2245 Desejo Proibido 2330 Duas Caras 0030 CSI Las Vehas 0130 CSI Miami 0230 Quando o Telefone Toca
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Mundialito de Futebol de Praia 1700 Quem Quer Ganha 1745 Morangos com Açucar – Ferias de Verão 2000 News 2115 Euromilhoes 2130 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0030 Bedazzled, film

Best of the Rest

BBC3
7.00 Top Gear 8.00 Last Man Standing 9.00 Doctor Who 9.45 Doctor Who Confidential 10.00 EastEnders 10.30 Two Pints of Lager and a Packet of Crisps 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Family Guy 11.55 Family Guy 12.15 Scallywagga 12.45 Ideal 1.15 Glamour Girls 1.45 Two Pints of Lager and a Packet of Crisps 2.15 Two Pints of Lager and a Packet of Crisps 2.45 Scallywagga 3.15 Ideal 3.40 Last Man Standing 4.40 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 A Seaside Parish 8.00 Early Music 9.00 Vivaldi's Women 10.00 Rock Family Trees 10.50 Rock Family Trees 11.40 Mark Lawson Talks to Alexei Sayle 12.40 The Avengers 1.30 Vivaldi's Women 2.30 Early Music 3.20 Mark Lawson Talks to Alexei Sayle 4.20 Close
ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.00 Britain's Got More Talent 7.00 Britain's Got More Talent 8.00 Britain's Got More Talent 9.00 America's Got Talent 10.50 Katie & Peter: The Next Chapter 11.50 Coronation Street 12.25 Coronation Street 12.50 Britain's Got More Talent 1.50 Teleshopping 4.50 ITV2 Nightscreen 5.25 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Tru Calling 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: Godzilla PG (1998) 11.35 Gladiators 12.35 Prison Break 1.35 Battlestar Galactica 2.30 Bite Size Brainiac 2.40 Tru Calling 3.30 Airline 3.55 Airline 4.20 Brainiac: Science Abuse 5.10 Guilty!
UKTV Gold
1.20 My Hero 2.00 Open All Hours 2.40 2point4 Children 3.20 Last of the Summer Wine 4.00 The Two Ronnies 5.00 Casualty 6.00 Murder, She Wrote 7.00 Last of the Summer Wine 7.40 The Thin Blue Line 8.20 My Family 9.00 Open All Hours 9.40 Victoria Wood as Seen on TV 10.20 Men Behaving Badly 11.00 Gimme Gimme Gimme 11.40 The Thin Blue Line 12.20 Last of the Summer Wine 1.00 Charlie's Angels 2.00 The New Adventures of Old Christine 2.25 Fantasy Island 3.10 The Bill 4.00 2point4 Children 4.30 Animal Park 5.05 Close Up 5.15 Neighbours 5.35 Neighbours
TCM
1.00 A Tale of Two Cities 3.00 The Barretts of Wimpole Street U (1957) 4.50 Ice Station Zebra U (1968) 7.25 The Honeymoon Machine PG (1961) 9.00 Love at First Bite 15 (1979) 10.40 Reckless 18 (1984) 12.20 Victor/Victoria 12 (1982) 3.00 Bataan PG (1943) 5.00 Riffraff PG (1936)
The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: Eddie's Million Dollar Cook-Off U (2003) Comedy, starring Orlando Brown. 9.30 Film: Eddie's Million Dollar Cook-Off U (2003) Comedy, starring Orlando Brown.

MOVIES

Sky Movies Drama

7.15 A Father's Son PG (1999) 9.00 Sam Churchill: Search for a Homeless Man PG (1998) 10.50 Columbo: The Murder of a Rock Star PG (1991) 12.40 Nixon 15 (1995) With Anthony Hopkins. 4.00 School Ties PG (1992) With Chris O'Donnell. 6.00 Holy Man PG (1998) With Eddie Murphy. 8.00 Catch and Release 12 (2007) With Jennifer Garner. 10.00 Cruel Intentions 15 (1999) With Sarah Michelle Gellar. 11.45 Catch and Release 12 (2007) With Jennifer Garner. 1.45 Idlewild 15 (2006) With Andre Benjamin. 3.50 Hard Men 18 (1996) 5.25 Gideon PG (1999)

Sky Movies Comedy

6.00 Mom and Dad Save the World PG (1992) 7.35 Family Close Up 8.05 Woo 15 (1998) 9.40 Saving Grace 15 (1999) 11.20 Comedy Close Up 11.50 Still Crazy 15 (1998) With Bill Nighy. 1.30 Nacho Libre 12 (2006) With Jack Black. 3.10 Epic Movie 12 (2007) With Kal Penn. 4.50 The Benchwarmers 12 (2006) With Rob Schneider. 6.20 Nacho Libre 12 (2006) With Jack Black. 8.00 Epic Movie 12 (2007) With Kal Penn. 9.40 Sex and the City Special 10.00 Jackass Number Two 18 (2006) With Johnny Knoxville. 11.40 The Benchwarmers 12 (2006) With Rob Schneider. 1.10 Jackass Number Two 18 (2006) With Johnny Knoxville. 2.50 Woo 15 (1998) With Jada Pinkett Smith. 4.25 Mom and Dad Save the World PG (1992)

Sky Movies Action

6.00 Uncommon Valor 15 (1983) 7.50 Chill Factor 15 (1999) 9.40 Shadow Conspiracy 15 (1997) 11.30 Edison 15 (2005) With Morgan Freeman. 1.20 Night Falls on Manhattan 15 (1997) With Andy Garcia. 3.20 Chill Factor 15 (1999) With Cuba Gooding Jnr. 5.10 Uncommon Valor 15 (1983) With Gene Hackman. 7.10 Edison 15 (2005) With Morgan Freeman. 9.00 Lock, Stock and Two Smoking Barrels 18 (1998) With Nick Moran. 10.50 The Specialist 15 (1994) With Sylvester Stallone. 12.45 Nowhere to Run 15 (1993) With Jean-Claude Van Damme. 2.35 Lucky Number Slevin 18 (2006) With Josh Hartnett. 4.40 Warriors of Virtue PG (1997)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Premier League World 9.30 The Dogs 10.00 IAAF Athletix Weekly 10.30 Live Test Cricket. England v New Zealand. 7.00 Live Darts. Day two of the UK Open. 11.00 Test Cricket 1.00 Super League 3.00 Friday Fight Night 5.00 Pipeline Adventures 5.30 World Sport

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE: Raw 9.00 Pipeline Adventures 9.30 Equestrian 10.00 Live European Tour Golf. Round two of the BA-CA Golf Open. 12.00 IAAF Athletix Weekly 12.30 Premier League World 1.00 Transworld Sport 2.00 The Dogs 2.30 Premier League World 3.00 Live European Tour Golf. Round two of the BA-CA Golf Open. 5.00 NFL: Total Access 6.00 Pipeline Adventures 6.30 Tight Lines 7.30 Live Super League. St Helens v Hull Kingston Rovers (Kick-off 7.30pm). 9.30 Live Friday Fight Night. John Simpson v Paul Appleby. 11.30 NFL: Total Access 12.30 Tight Lines 1.30 Campionato Italiano Superstars 2.00 Test Cricket 4.00 Super League

Sky Sports 3

6.00 Test Cricket 8.00 Darts 12.00 Race World 1.00 NFL: Total Access 2.00 Pipeline Adventures 2.30 Equestrian 3.00 Transworld Sport 4.00 Race World 5.00 WWE: Raw 7.00 Motor Racing 7.30 Motor Racing 8.00 Test Cricket 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Darts 5.00 Motor Racing 5.30 Motor Racing

British Eurosport

7.30 World Touring Car Championship 8.00 Road to Euro 2008 8.15 Euro 2008 Preview 8.45 Game, Set and Mats 9.00 International Football 9.45 International Football 10.30 French Open Tennis 11.30 Live French Open Tennis. The men's semi-finals. 5.00 Game, Set and Mats 5.15 Rhythmic Gymnastics 5.45 Euro 2008 Preview 6.15 International Football 7.00 Euro 2008 Show 7.30 Game, Set and Mats 7.45 Road to Euro 2008 8.00 MotoGP 9.00 Euro 2008 Preview 10.00 French Open Tennis 11.00 Yoz Magazine 11.30 International Football 12.15 Game, Set and Mats 12.30 Close

Sky Sports Xtra

10.00 Motor Racing 10.30 Motor Racing 11.00 Aerobics Oz Style 11.30 Racing News 12.00 ATP Tennis 12.30 European Tour Golf 2.30 IAAF Athletix Weekly 3.00 Motor Racing 3.30 Motor Racing 4.00 Pipeline Adventures 4.30 Aerobics Oz Style 5.00 The Dogs 5.30 Premier League World 6.00 Campionato Italiano Superstars 6.30 BMX Cycling 7.00 World Sport 7.30 Golf Night 9.30 Campionato Italiano Superstars 10.00 Tight Lines 11.00 Pipeline Adventures 11.30 World Sport 12.00 Golf Night 2.00 Motor Racing 2.30 Motor Racing 3.00 Pipeline Adventures 3.30 World Sport 4.00 Tight Lines 5.00 Powerboating

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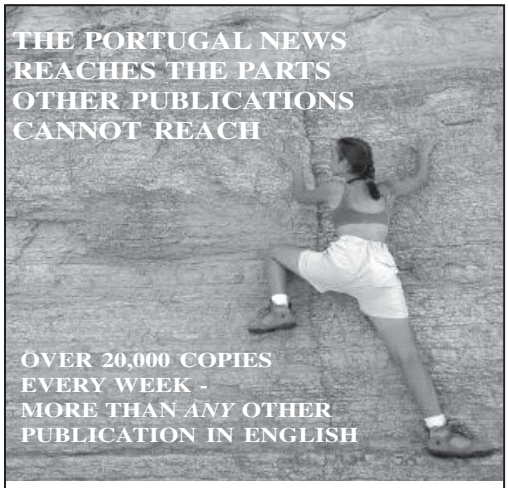

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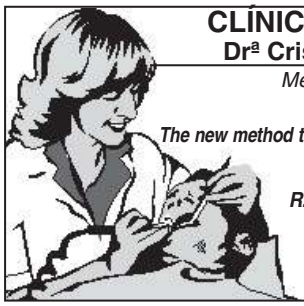

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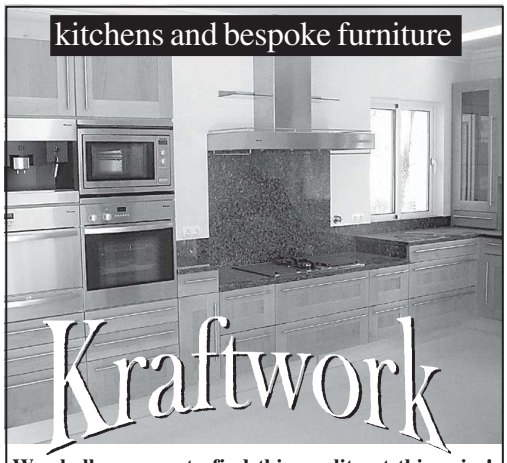

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JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

Oporto

ENGLISH SERVICES In OPORTO—GREATER GRACE now has contemporary worship in Porto as of 11/18; Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21(behind the McDonald's in the Praça de Liberdade) while we continue our search for a permanent location. Service time is 16h(other service times are being considered for 2008). More information is available on www.Nova Aurora.com, by email to nova.aurora@clix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.ggwo.org.

RIVERSIDE PORTO INTERNATIONAL CHURCH – Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riversideporto.com web site www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

"The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing."- Zephaniah 3:17

Compulsion

War and Peace by Leo Tolstoy is considered by many to be one of the greatest novels ever written. Tolstoy was a prolific writer who often wrote and wrote until he was on the brink of exhaustion and close to a breakdown.

As a wealthy Russian count with servants at his beck and call, Tolstoy's future was secure. He was not driven to write by any desperation to earn a living. When asked why he kept writing, he explained that he was enslaved by an inner compulsion to write. An all-consuming desire deep within him drove him to put pen to paper. While some worried that he would go mad form the compulsion, Tolstoy feared that he would go mad if he stopped writing.

The apostle Paul writes about an inner drive, a compulsion in his own life. In 2 Corinthians 5:14 he says, *"for Christ's love compels us…"* The passage then goes on to describe exactly what Paul was compelled to do. His fiery passion to share Christ's love with others became a spiritual force that drove Paul to share the good news of Jesus at every opportunity. After his startling conversion on the road to Damascus, Paul's life changed dramatically. Having previously been a devoted Jew, driven by a desire to persecute and even kill Christians, Paul became a Christian himself and dedicated his life to proclaiming God's truth to others blinded by religion and false hope.

The reality of Christ's love for him compelled Paul to take three long missionary journeys at great personal sacrifice. His passion for Christ led to his arrest and he spent many years in prison. The former persecutor became the persecuted. In fact, he wrote the books of Ephesians, Philippians, Colossians and Philemon while wrongfully imprisoned for his faith.

Was the cost too great? Did Paul regret the compulsion and fervor that set him on a course of imprisonment and personal tribulation? Not at all. Paul considered it a privilege to be called upon to suffer for the cause of Christ.

What drives you and me? What do we feel passionate about? May we who call ourselves Christ followers be driven by a similar pure and holy passion that causes us to run and follow hard after Him.

More information about how to have a relationship with God can be found at *www.rbc.org/personal_relationship_with_god.page*

Announcements

LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.

www.britishbikersportugal.com

CASA - WELL-KNOWN local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

ARROZ DOCE. Find the recipe in the WRVS book of recipes and tips on sale at the Griffin Book Shop Almancil or by mail telephone Ruth Hurst 919 351 921 Money from the sales goes to Portuguese charities.

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Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tenis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

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CANCARE. HAVE you been affected by Breast Cancer? We are a small group who meet 1st Wednesday of the month for a coffee or snack at Cássima Café, Loulé (off the swimming pool roundabout) 1pm - 3pm. Come along to our informal meeting for support, advice or just a chat. For more information call Vion 289 882 680.

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Personal

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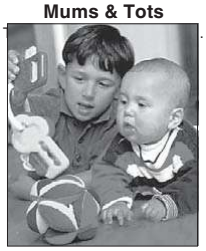
ALCOHOLICS ANONYMOUS English speaking meetings 7pm Sun., St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. Mobile: 965 059 949.

ALCOHOLICS ANONYMOUS New meeting in East Algarve, Tavira. English speaking meeting 7:30 Thurs. Largo Tavira de Pernambuco, Fracção B - Cave esq. Bloco 5, 8800 Tavira. Mobile 916 013 265.

ALCOHOLICS ANONYMOUS - Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Almancil 1.00pm; Almancil 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Almancil 7.30pm. Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Almancil 1.00pm; Portimão 7.30pm. Sat.: Almancil 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969.

PERA MEETING has changed venue. It is now held at 7.30 at the Igreja de São Francisco, Largo de São Francisco (Nr the Italian Rest.) in Pêra. Please use the side entrance. We look forward to seeing you there. Queries call 919 005 590.

Mums & Tots



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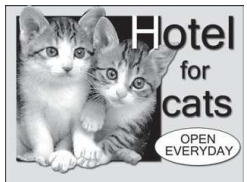

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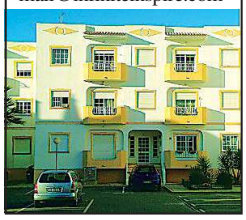

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Our readers love their pets! So for the whole month of June we are giving the opportunity to advertise anything which falls under the category 'Pets' completely free of charge. If you are looking for a pet or wanting to home one, this is the place to advertise. Or you may have a professional service to offer pet owners. Either way, The Portugal News Classifieds is the place for pets in June.

Ads can only be placed by email and should not exceed 15 words. Pictures can be also be included, but only one free ad per advertiser may be submitted.

email your ad to classads@the-news.net

Classified Order Form

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Portugal's Fernandes becomes all-time World Cup leader

Portugal's world champion Vanessa Fernandes today became the ITU's all-time world cup winner leader after winning the Madrid BG Triathlon World Cup.

It was a perfect setting for Fernandes, who set the record at her favourite race, which also happened to be the historic 200th world cup in ITU history, meaning she has won 10 percent of all world cups. Her 20th win comes in her 31st world cup start, an astounding 0.645 winning percentage.

"This race is very special to me. I began to win world cups here in 2003. Since I have never gone a season without a world cup win and it is always here in Madrid," said Fernandes.

"For another record, it is very good for Portugal because Portugal started working very late in triathlon", she added.

Out of the first stretch, a pack of six led by Fernandes attacked the course's early hill and emerged as the race leaders. That group created a 28-second lead after lap one. By the second lap the pack was whittled down to four after Great Britain's Kerry Lang wasn't able to keep up with the punishing pace while Luxembourg's Elizabeth May suffered a flat tyre.

Nevertheless, the leaders Fernandes, Hollie Avil and Helen Tucker of Great Britain and Swiss Daniela Ryf continued to put time on the chase group, which was down by 1:18 after lap three. As the lead pack took the bell lap, they owned a sizeable 2:35 lead. Fernandes darted out of T2 first and immediately surged to a 16-second lead after the first kilometre.

"On the bike I tried to break and four of us went, it worked very well. It was a good test for Beijing," said Fernandes.

With the lead in hand and her world class running prowess, nobody was going to catch Fernandes as she coasted to her sixth straight Madrid title and record 20th of her remarkable career. Tucker claimed the silver, almost assuring her a spot on the British Olympic team. Ryf came back for the bronze, her first appearance on the world cup podium.

This was the final world cup of 2008 with Olympic qualifying points on the line. Next the world's best will convene in Vancouver, Canada for the 2008 BG Triathlon World Championships, the final opportunity for athletes to collect Olympic qualifying points.

Vanessa Fernandes on her way to cross the finish line to win the women's competition of Madrid's World Championship Triathlon in Madrid on Sunday. (Photo: EPA / Juan Carlos Hidalgo)

Top UK football teams heading for the Algarve

This July, football fans in the Algarve will be spoilt with a number of major British clubs heading to the region to measure their talents against Portuguese opposition.

In what promises to be a busy end to the month of July, several top matches have been scheduled between top teams from Portugal and Britain.

On July 20th, Roy Keane's Sunderland will be taking on Sporting in Albufeira.

The Portuguese cup champions will then head to Vila Real Santo António, where they will participate in a tri-tam tournament that will include Benfica and Blackburn Rovers, which could lose manager Mark Hughes to Chelsea after he led his team to a respectable seventh position in the English Premiership league.

The matches involving Sporting, Benfica and Blackburn will take place on July 25th and July 27th.

In between the games that will see Sunderland and Blackburn take the field, football fans are in for another feast of football at the 30,000-capacity Algarve Stadium.

Middlesbrough and FA Cup finalists Cardiff City will be testing their skills and new signings against Scottish champions Glasgow Celtic and one of Portugal's three Champions League representatives Vítoria Guimarães in the inaugural Algarve Challenge Cup.

The tournament will be staged on July 22nd and 24th, with tickets starting at €38.50 to watch a double-header.

Celtic and Guimarães will not be playing each other in the tournament as they could face each other in Champions League, which starts in late August.

Tournament director Scott Ashcroft expressed his satisfaction at being able to gather this particular line-up of teams, and expects large crowds to swarm the Algarve, especially with the strong visiting support enjoyed by Glasgow Celtic, who have been allocated a third of all tickets for the two matches in which they are involved.

Meanwhile, Middlesbrough manager Gareth Southgate told **The Portugal News** it was his decision to accept the invitation.

The Middlesbrough manager and former England centre half explained that he first fell in love with Portugal when he visited the Algarve with Crystal Palace almost 20 years ago during a pre-season training camp and subsequently purchased a home in Almancil.

He added that the Algarve Challenge Cup will be the essence of their planning for next season and hopes the matches will serve as a platform for 'Boro' to improve on last season's 13th position in the EPL.

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